LAUGH IT OFF: A fit of giggles can boost your mood and tone your abs | **Inside**

express

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Tuesday

AP

N. Korea released two new photos of Kim Jong Il.

Picture of Health? Photos of N. Korea's Kim doubted | 10

Rush to Wed: Gay couples act to beat Calif. vote on ban | 7

Wrong Foot: Redskins may replace Brooks as punter | 14

ENTERTAINMENT

Still Got It: The ladies of *Labelle* are as fierce now as they were then. Plus, Rodney King is on VH1 with Dr. Drew.

>> 19-25

Calif. Wildfires Force Thousands to Flee

DAN STEINBERG/AP

ESCAPE FROM L.A.: Thousands of residents flee their hillside homes during a fast-moving, wind-driven brushfire in Los Angeles Monday. Intense Santa Ana winds fueled two wildfires, killing one person, destroying several dozen mobile homes and forcing the closure of a major freeway during rush hour.

U.S. to Expand Rescue Plan

Bush Administration to invest $250M from bailout in banks

WASHINGTON | The Bush administration plans to expand protections greatly for the U.S. banking system out of deep concern for the faltering economy, an industry official said Monday night after banking executives and top federal officials met to revamp the largest bailout plan in the nation's history. President Bush was to announce the expansion Tuesday morning.

Stocks soared around the world Monday in response to dramatic government economic rescue efforts in the United States and elsewhere and the possibility of the even bolder American action. The Dow Jones industrials catapulted to a 936-point gain, offering relief from eight consecutive days of carnage.

The administration will use perhaps as much as $250 billion of the $700 billion bailout program recently passed by Congress to buy stock in U.S. banks and provide the banks with desperately needed money, the official said. In addition, the Federal Deposit Insurance Corp. will temporarily provide insurance for loans between banks, charging the banks a premium for doing so. That should unlock a vital credit flow that has come under severe stress.

The official, who spoke with knowledge of the Treasury Department meeting with the bankers on Monday, spoke on condition of anonymity because details of the plan had yet to be released. (AP)

pollcenter GIVEN ITS DAY-TO-DAY SWINGS, ARE YOU STILL PAYING ATTENTION TO THE STOCK MARKET? (A) YES (B) NO

TO CAST YOUR VOTE, VISIT **EXPRESSNIGHTOUT.COM** OR TEXT **A** FOR 'YES' OR **B** FOR 'NO' TO 98999. FOR MONDAY'S POLL RESULTS, SEE PAGE 36

TUESDAY 85|59 | WEDNESDAY 82|61 | THURSDAY 79|56

TODAY: Mostly sunny and extremely warm; partly cloudy evening | 38

eyeOpeners

MAKE-BELIEVE

Tooth Fairy's Goddaughter Promises to Raise Rates

The descendants of two of the more famous men to don Santa Claus suits planned to meet Sunday in Santa Claus, Ind., to sign a new oath for other jolly gift-givers. Charles Bergeman is the grandson of Charles Howard, a famous Santa from Macy's Thanksgiving Day Parade in New York. Will Koch is the grandson of Jim Yellig, who is considered the Santa Claus of the Indiana town bearing the same name. The oath includes a promise to create happiness, spread love and make dreams come to life in the tradition of St. Nick. (AP)

GOOD CHEER

Wall St. to Be Painted With Teletubbies

Characters from the beloved story of Winnie the Pooh are brightening one of the many vacant homes in the struggling industrial city of Flint, Mich. Twenty-year-old Kristina Pringle has a sketch pad full of cartoon characters. Since August, she's been applying her hobby to beautifying an unoccupied house near her own home, painting Winnie's friends on the boarded-up windows. She was recruited by Art Wenzlaff, community relations director of the nearby International Academy of Flint charter school. (AP)

KEVIN CLIFFORD/NEVADA APPEAL/AP

MONKEY SEE

Monkey Stuff Face

There's nothing particularly Italian about monkeys, or monkeys eating candy (except that this one is wearing a red-and-green outfit, which this page's black and whiteness obscures), but this photo captures the finest moment out of Reno, Nev.'s 27th Annual Eldorado Great Italian Festival over the weekend. The primate in question is named Ho Bo, 26. She has a passion for medium-length walks on the beach, and her favorite jam is "Lollipop" by Lil' Wayne. (EXPRESS)

WINNER

Kobayashi Weeps

Chow-down champ Joey Chestnut has done it again — this time proving he's a pizza powerhouse. He downed 45 slices in 10 minutes Sunday to win the first Famous Famiglia World Pizza Eating Championship in New York's Times Square. The 24-year-old from San Jose, Calif., says he fasted for more than a day to prepare. He rocketed to competitive-eating celebrity when he won Coney Island's July Fourth hot-dog eating contest in 2007. He took the title again this summer by gulping down 59 dogs in 10 minutes. (AP)

BY THE TIME

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'CUTOUT' FOR SHORT: A teenager in Asheville, N.C., says she has legally changed her name to CutoutDissection.com to protest animal dissections in schools. The girl's new legal name is the address for an anti-dissection page produced by People for the Ethical Treatment of Animals.

Nation

THE TRAIL

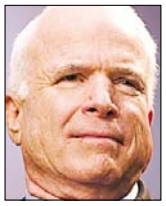
DAILY DIARY | WASHINGTONPOST.COM

THE RACE

Just Call Me 'Underdog'

With three weeks left in the presidential race, Sen. John McCain debuted a retooled stump speech that diminished the harsh critiques of his rival in favor of a blunt admission that he is losing and a pledge to fight and "never give up ... never quit ... never hide from history."

Declaring that "nothing is inevitable here," McCain noted that his campaign is 6 points behind Sen. Barack Obama's in the polls, a stark admission as public polls document his slide. But McCain sought to turn his position in the race into a positive thing, calling himself an underdog and portraying Obama as too certain of victory.



McCain

"Senator Obama is measuring the drapes, and planning with Speaker Pelosi and Senator Reid to raise taxes, increase spending, take away your right to vote by secret ballot in labor elections and concede defeat in Iraq," he said. "You know what they forgot? They forgot to let you decide. My friends, we've got them just where we want them."

McCain spoke to a crowd of more than 15,000 at a convention center in Virginia Beach, Va. MICHAEL D. SHEAR

washingtonpost.com

For extended analysis and up-to-the-minute updates from the campaign trail, visit **blog.washingtonpost.com/the-trail**

Authorities Fear Spate of Violence

Social service hotlines say economic woes are taking toll on families

An out-of-work money manager in California loses a fortune and wipes out his family in a murder-suicide. A 90-year-old Ohio widow shoots herself in the chest as authorities arrive to evict her from the modest house she called home for 38 years.

In Massachusetts, a housewife who had hidden her family's mounting financial crisis from her husband sends a note to the mortgage company: "By the time you foreclose on my house, I'll be dead."

Then Carlene Balderrama shot herself to death, leaving an insurance policy and a suicide note on a table.

Across the country, authorities are becoming concerned that the nation's financial woes could turn increasingly violent, and they are urging people to get help. In some places, mental-health hotlines are jammed, counseling services are in high demand and domestic-violence shelters are full.

AMIAN DOVARGANES/AP FILE

Los Angeles police investigators search a home where six bodies were found Oct. 6. Police say Karthik Rajaram, a former financial worker, killed his family and himself.

"I've had a number of people say that this is the thing most reminiscent of 9/11 that's happened here since then," said the Rev. Canon Ann Malonee, vicar at Trinity Church in the heart of New York's financial district. "It's that sense of having the rug pulled out from under them."

With nowhere else to turn, many people are calling suicide-prevention hotlines. The Samaritans of New York have seen calls rise more than 16 percent in the past year, many of them money-related.

In Los Angeles last week, a former money manager fatally shot his wife, his three sons and his mother-in-law before killing himself. Karthik Rajaram, 45, left a suicide note saying he was in financial trouble and contemplated killing just himself. But he said he decided to kill his entire family because that was more honorable, police said.

After the murder-suicide, police and mental-health officials in Los Angeles took the unusual step of urging people to seek help for themselves or loved ones.

"This is a perfect American family behind me that has absolutely been destroyed, apparently because of a man who just got stuck in a rabbit hole ... of absolute despair," Deputy Police Chief Michel Moore said. "It is critical to step up and recognize we are in some pretty troubled times." KELLI KENNEDY (AP)

HEARSAY | MARRIAGE PLANS

"We were planning on getting married a long time ago, with or without the kid. That was the plan from the start."

—**LEVI JOHNSTON, 18,** ON HIS IMPENDING MARRIAGE TO BRISTOL PALIN, 17, A DAUGHTER OF ALASKA GOV. SARAH PALIN. JOHNSTON HAS DROPPED OUT OF HIGH SCHOOL TO WORK AS AN ELECTRICIAN.

Second Teen Abandoned in Omaha

OMAHA, NEB. | A Michigan mother drove roughly 12 hours to Omaha so she could abandon her 13-year-old son at a hospital under the state's unique safe-haven law, Nebraska officials said Monday.

The boy from the Detroit area is the second teenager from outside Nebraska and the 18th child overall abandoned in the state since July.

There was no sign the boy was in immediate danger before he was abandoned and no indication why the boy's mother decided to leave him, said Todd Landry, who heads the state's Department of Health and Human Services' division of children and family services. (AP)

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Nation

"It's not going to be easy [for] the next president. ... This is a sink-or-swim moment."

—**Sen. Hillary Clinton**, at a Pa. rally for Sen. Barack Obama

Oil's Bubble Already Burst

Talk of $200 oil has dissipated now that fuel is $80 per barrel

COLUMBUS, OHIO | As oil prices zoomed toward an unheard of $147 a barrel this summer, it seemed every analyst prediction that oil would approach $200 was a self-fulfilling prophecy, until suddenly it was not.

Instead of $200, oil is now $80. Instead of going up, the U.S. has seen the greatest destruction in demand since the oil-shocked 1970s. Drivers have dramatically cut down on driving since November.

Soaring prices for oil and other commodities this summer have turned out to be nothing short of another classic bubble, and the bursting may not be over, one analyst said Monday.

"It's just amazing that the market gets suckered into this," said analyst Stephen Schork of the Schork Report, who called the idea of $150 a barrel oil "an obscene number, a perverted, illogical number."

On Monday, Goldman Sachs, among those predicting $200 a barrel oil, cut its year-end forecast of oil to $70 from $115 and lowered its price outlook for the end of 2009 to $107 per barrel from $125 to reflect the weak global economy.

David Fyfe, an analyst with the International Energy Agency in Paris, was a bit less critical, avoiding the word "suckered."

"Tthere is always a tendency in parts of the analyst community to look at short-term trends and assume it's something that will continue in perpetuity," he said. (AP)

MARY ALTAFFER/AP FILE

A trader works outside the crude oil options pit at the New York Mercantile Exchange, where oil prices have fallen from a high of $147 per barrel this summer.

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FAIR TRADE? A McDonald's cashier in Vero Beach, Fla., called 911 after a drive-thru customer allegedly offered to pay for his meal with marijuana. The man was later charged with possession of cannabis. A sheriff's report did not say what the suspect ordered at the restaurant.

Calif. Gay Couples Rush to the Altar

Ballot measure to ban same-sex marriage is gaining public support

SAN FRANCISCO | Gay couples from across California and the nation are feverishly tying the knot ahead of Election Day to avoid missing out if voters approve a ballot initiative aimed at banning same-sex marriage.

Aaron Twitchell and Orlando Manzo from Austin, Texas, waited two months for an appointment to get a marriage license in San Francisco. When they got to the city clerk's office, the line of people ahead of them was so long they worried they would be late for their own wedding.

"We are so happy California is so progressive they would allow something like this," said Manzo, 33, as his partner of nine years recently watched the clock. "I wouldn't say it's now or never, but we wanted to get married before then."

SEAN M. HAFFEY/AP

Beverly Leonard, left, and Willie Boxhoorn, right, are married Friday in San Diego. Gay couples from all over the U.S. are planning to marry in California before Nov. 4.

> "I wouldn't say it's now or never, but we wanted to get married."
>
> ORLANDO MANZO

The urgency intensified last week with news that Proposition 8's supporters had far outraised its opponents and the measure was gaining support in public opinion polls.

"Couples are making their plans to come in before November 4 because people are getting a little uneasy," said San Francisco Clerk-Recorder Karen Hong Lee.

Proposition 8 would amend the state constitution to limit marriage to being between a man and a woman. If approved, it would overturn a California Supreme Court ruling that made the state only the second to legalize same-sex marriage.

Community activists Davina Kotulski and Molly McKay have invitations to one or more weddings for every weekend before Election Day. Apprehension over the forthcoming ballot initiative has taken a toll on many couples, said Kotulski, a psychotherapist.

"In any relationship, there is the pressure of 'Where is this going?' Do you commit now? Do you commit later?" she said. "But when you have a very small window of opportunity, it definitely adds increased pressure, and that could break up a couple."

Although California Attorney General Jerry Brown has said he does not think marriages solemnized through Nov. 4 would become void if the measure passes, gay marriage opponents could try to litigate the matter. Some couples have decided to wait instead of putting themselves through the uncertainty. (AP)

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World

TURN IT DOWN! The European Union told music lovers Monday to turn down the volume of MP3 players, saying that between 2.5 million and 10 million Europeans could suffer hearing loss from listening to MP3 players at unsafe volumes — more than 89 decibels — for more than an hour daily for five years.

N. Korea Lifts Ban on U.N. Monitors

Conservative activists protest U.S.' delisting decision in S. Korea

VIENNA, AUSTRIA | North Korea declared Monday that it will resume shutting down its nuclear program and allow U.N. experts to monitor the process, including making sure the plant that produced plutonium for its test bomb remains disabled.

The moves, revealed by the International Atomic Energy Agency, were a strong indication that Pyongyang was making good on its pledge to return to a deal with the U.S., Russia, China, South Korea and Japan meant to strip it of its weapons-enabling nuclear program.

Pyongyang announced Sunday it would resume dismantlement in line with the deal offering political and energy rewards in exchange, after the U.S. removed North Korea from its list of states sponsoring terrorism.

KIM JAE-HWAN/AFP/GETTY IMAGES

Activists protest the U.S.' removal of North Korea from a terror list in Seoul.

Up until late last week, North Korea had threatened to reactivate the plutonium reprocessing plant.

Meanwhile, about 70 conservative activists called on the U.S. to withdraw its delisting decision in a rally Monday near the U.S. Embassy in Seoul.

Chanting, "We oppose the terror delisting," the activists tried to burn signs with photos of North Korean leader Kim Jong Il, triggering a minor scuffle with police. (AP)

Pakistani Police Arrest American In Tribal Region

PESHAWAR, PAKISTAN | Pakistani police arrested a 20-year-old American man late Monday in a militant-infested area close to the Afghan border, an officer said.

Officers were investigating why the man was in the area, said officer Pir Shahab. The region has seen months of fighting between Taliban and al-Qaeda extremists and is believed to be a possible hiding place for Osama bin Laden and other foreign extremists.

Shahab said the man — identified on his passport as Juddi Kenan — was arrested at a checkpoint while trying to enter Mohmand tribal province without the special permission to be in the region required by Pakistani law. (AP)

MONTENEGRO | THOUSANDS PROTEST KOSOVO'S INDEPENDENCE

RISTO BOZOVIC/AP

RALLY AGAINST RECOGNITION: Pro-Serb Montenegrins protest their government's recognition of Kosovo's independence in Podgorica, Montenegro, Monday. Police fired tear gas at thousands of demonstrators who pelted state buildings with rocks and flares, and chanted, "Treason! Treason!" and "Kosovo is Serbia!" At least 34 people were injured.

In Brief

JERUSALEM

Israeli Official: Livni Closer To Becoming Prime Minister

An Israeli political official says Prime Minister-designate Tzipi Livni's Kadima Party is nearing an agreement on a key coalition partner. Monday's partial agreement brings Livni one step closer to taking office as Israel's prime minister. Lior Avnon, a spokeswoman for Ehud Barak's Labour Party, says the two sides have initialed a partial coalition agreement. But several issues still need to be settled before a final agreement. She says the two party leaders are going to try to do that in a meeting Tuesday evening. (AP)

Livni

CAIRO, EGYPT

Sudan to Hold Own Trials For Darfur Crime Suspects

Sudan will conduct its own trials for suspects implicated in crimes in the war-torn Darfur region, the country's justice minister said Monday, without specifying when they might take place. Abdel Basset Sabdarat told reporters in Cairo a special prosecutor is nearly finished with reports on unspecified crimes committed in Darfur, where rebels are battling government forces and civilians are caught in the crossfire. Rights groups say Sudan's legal system is not equipped to handle genocide and war crime trials. (AP)

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122 | **The number of tin pipes** stolen from an organ at a church in a small town in central Austria, according to the church's pastor on Monday.

World

Iraqi Christians Flee Mosul

Businessman becomes 10th victim of religious violence this month

EMAD MATTI/AP

A Christian boy sits in the back of his family's car after they fled Mosul, Iraq, on Monday. Thousands of Christians have sought refuge from attacks in the city.

BAGHDAD | The music store owner had too many mouths to feed to consider joining other Iraqi Christians fleeing violence in Mosul. The decision cost him his life Sunday as he became at least the 10th Christian slaughtered by suspected Sunni extremists in the northern city so far this month.

Gunmen stormed into Farques Batool's store, killing him and wounding his nephew, according to police and a neighbor. Batool's family fled the city after his death.

They joined thousands of other Christians who have abandoned their homes in Mosul to seek refuge in churches and with relatives in neighboring villages or in relatively safe Kurdish-controlled areas nearby.

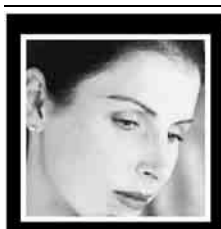
Cars and trucks loaded with suitcases, mattresses and passengers cradling baskets stuffed with clothing lined up Monday at a checkpoint about 20 miles east of the city on their way to safety.

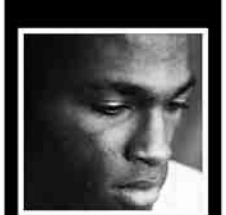
Faraj Ibraham, 54, who moved in with relatives in Burtulla, said he was worried about his two daughters, who had to leave school.

"They forgot to bring even their books. It will be a heavy burden for them even if we get to return home soon," he said.

The reason for the latest surge in attacks was unclear. But it coincides with lobbying by Christian leaders for parliament to restore a quota system to give religious minorities seats on provincial councils that will be chosen by voters before the end of January. KIM GAMEL (AP)

Still Depressed?





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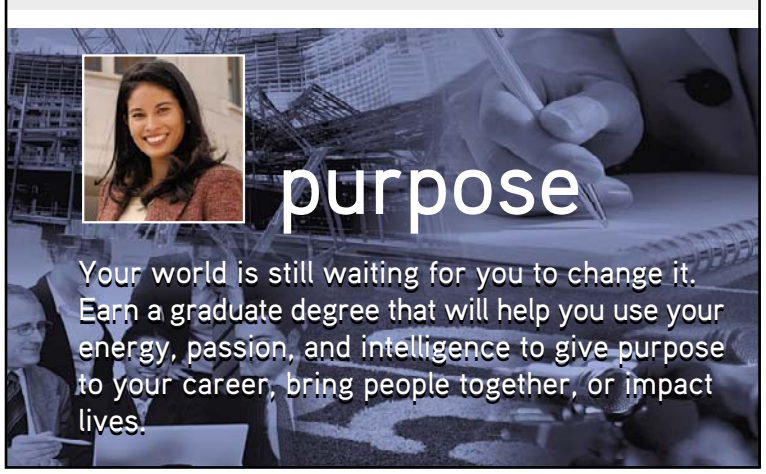

World

1.7 **The number of British citizens,** in millions, whose personal data may have been stored on a computer hard drive that a military contractor lost, a British official said Monday.

Kim Photos Raise Doubts

Newly released pictures of N. Korean leader are similar to Aug. images

SEOUL, SOUTH KOREA | The first photos of North Korean leader Kim Jong Il released in two months show him in a setting very similar to photographs from August.

And the verdant background looks more like summer than autumn, adding to uncertainty about Kim's health after reports he underwent brain surgery.

North Korea released the undated still photos and video frame grabs Saturday accompanying a report by North Korean television that Kim visited a military unit. They were the first photos of Kim published since August; and in both sets of pictures he wears his trademark sunglasses and jumpsuit.

KOREAN CENTRAL NEWS AGENCY VIA KOREA NEWS SERVICE/AP

Kim Jong Il is seen in undated photos released on Aug. 16, top, and Oct. 11.

"They didn't appear to have been taken recently," Kim Yong-hyun, a North Korea expert at Seoul's Dongguk University, said Monday of the pictures carried by the North's official Korean Central News Agency. "To me, it looked like they were taken in June or July."

Kim, 66, disappeared from public view in mid-August and failed to appear on two holidays — leading to speculation he was seriously ill. American and South Korean officials said he suffered a stroke and had brain surgery; North Korea has denied he is ailing.

In the new photos, the grass and trees in the background appear far too green for autumn on the Korean peninsula, casting doubt that they were taken recently. The latest images released also showed no sign Kim had brain surgery, which usually involves shaving off at least some hair. JAE-SOON CHANG (AP)

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Local

Md. Nets $10.8M in Audit

State to collect for past corporate income tax after closing loophole

For the first time, Maryland is collecting millions of dollars in corporate income taxes from a company after closing a loophole involving real estate investment trusts, the state's tax collector said today.

Last year, Comptroller Peter Franchot announced that Maryland will no longer allow payments to "captive" Real Estate Investment Trusts to be deducted from state corporate income tax returns, a change he estimated could bring in millions in revenue annually.

The $10.8 million owed by the company represents the first time an audit has been done and a tax liability has been settled in such a case, the comptroller's office said.

"The vast majority of Maryland businesses play by the rules, but we will not allow a few large corporations to gain an unfair advantage by flouting our tax laws," Franchot said. The company was not named because of state tax confidentiality laws, said Joseph Shapiro, a spokesman for Franchot. The $10.8 million represents back taxes for three years, Shapiro said.

A Real Estate Investment Trust, or REIT, is a corporation or trust that limits activity to real estate operations. REITs must pay all their income to shareholders, who then pay taxes. As a result, REITs are normally exempt from federal and state tax. BRIAN WITTE (AP)

LOOPHOLE SPECIFICS

- In Maryland, some retailers have found a loophole by forming a REIT and having their stores pay rent to it.
- The parent company then forms a subsidiary to be the "shareholders," and the parent company receives dividends from the rent payments.
- In effect, the company pays rent to itself and gets the money through a tax-free REIT and deducts rent payments from its state tax bill.

WASHINGTON | COLUMBUS DAY CELEBRATION

LOIS RAIMONDO/TWP

1492 DISCOVERY: A combined Color Corps, made up of Knights of Columbus Fourth Degree members from across the region, takes center stage at the Union Station Christopher Columbus Celebration on Monday.

Va. Palin Rally Stirs Confusion

GOP vice presidential candidate mistakes fans for demonstrators

RICHMOND, VA. | Republican vice presidential candidate Sarah Palin mistook some of her own fans for hecklers Monday at a rally that drew thousands.

A massive crowd of at least 20,000 spread across the parking lot of Richmond International Raceway, and scores of people on the outer periphery more than 100 yards from the stage could not hear.

"Louder! Louder!" they began chanting, and the cry spread across the crowd to Palin's left. Some pointed skyward, urging that the volume be increased.

Palin stopped her remarks briefly and looked toward the commotion. "I hope those protesters have the courage and honor to give veterans thanks for their right to protest," she said.

Some in the crowd tried to shout toward her what was really being said, but she couldn't hear them. BOB LEWIS (AP)

Fenty Seeks to Up Penalty for Khat

WASHINGTON | D.C. Mayor Adrian M. Fenty has proposed increasing the penalties for possession of khat (COT), a stimulant popular in parts of Africa and the Middle East. Parts of the flowering evergreen shrub can produce effects similar to those of cocaine.

Fenty wants to make khat a Schedule I drug under D.C. law, as it is under federal law. That would mean a person caught in possession of fresh khat and intending to manufacture or distribute the plant could face prison time.

Under current city statutes, cathinone, the stimulant found in khat which dissipates gradually after the plant is harvested, is not listed as a controlled substance and its possession carries no prison sentence. (AP)

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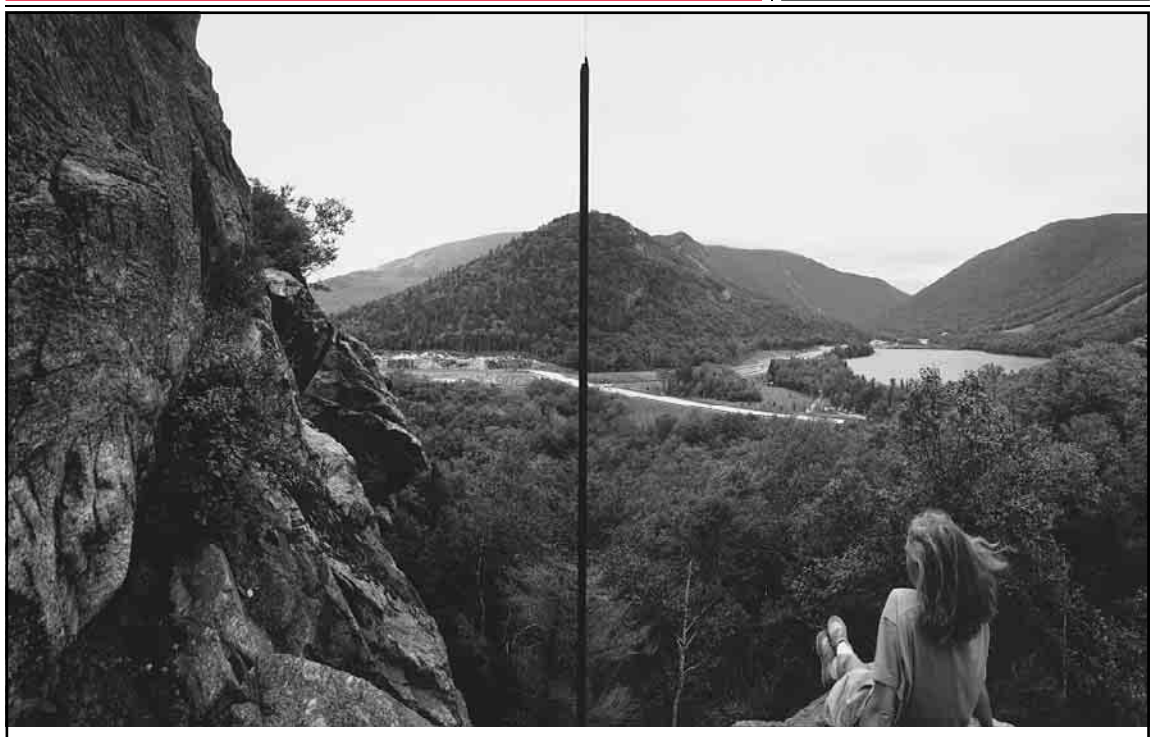

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Haluk Soykan and Elisa Frederickson generously donated the photographs in this exhibition. The Bernie Stadiem Endowment Fund supports the exhibition of *Earth and Sky: Photographs by Barbara Bosworth.*

Barbara Bosworth, *Artist's Bluff, White Mountain National Forest, New Hampshire,* 1991, gelatin silver print, Smithsonian American Art Museum, Gift of Haluk Soykan and Elisa Frederickson

Local

KEVIN CLARK/TWP

The farmers market at the newly opened National Harbor, in Prince George's County, has had trouble attracting Maryland farmers and endured a slow first year.

National Harbor Market Falls Short

UPPER MARLBORO, MD. | The National Harbor says the first year of its farmers market hasn't been as successful as hoped.

The American Market opened in May at the $4 billion mixed-use harbor development and has had difficulty attracting Maryland farmers.

Those who sell at the market say business has been slow because the harbor's first condo residents did not arrive in July as expected.

Some farmers say they have felt discouraged from participating in the market because there are many rules, as well as a lengthy application and a weekly participation fee.

Officials are promising that things will improve once the residents move in and the market transfers to a permanent spot on the development's store-lined strip.

The seasonal market ends this weekend. (AP)

Student Slashed With Razor in Md.

LANHAM, MD. | Prince George's County school officials say a student slashed another girl with a razor and accidentally cut herself in a hallway at DuVal High School in Lanham.

County schools spokesman John White says the injuries to the freshman girls were not life-threatening. Classes remained in session, and no other students were involved in the fight on Monday morning.

White says officials believe the razor was a box cutter. He says razors are banned in school buildings, and such an incident could lead to a student's being expelled. (AP)

The Lotteries

Monday, Oct. 13

DISTRICT

Mid-day Lucky Numbers	6-9-0
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MARYLAND

Mid-day Pick 3	1-9-0
Mid-day Pick 4	9-9-6-5

VIRGINIA

Mid-day Pick 3	7-7-6
Evening Pick 3 (Sun.)	0-5-3
Mid-day Pick 4	5-3-8-1
Evening Pick 4 (Sun.)	2-7-6-9
Mid-day Cash 5	6-7-11-20-31
Evening Cash 5 (Sun.)	8-10-12-30-32

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

9 **The amount, in billions of dollars,** Japanese bank Mitsubishi UFJ Financial Group Inc. invested in Morgan Stanley on Monday. The stock deal gives Mitsubishi a 21 percent stake in the U.S. bank, which lost nearly 60 percent of its value last week.

Krugman Wins Nobel in Economics

Self-professed liberal columnist honored for his academic research

STOCKHOLM, SWEDEN | Paul Krugman, the Princeton University scholar, New York Times columnist and unabashed liberal, won the Nobel prize in economics Monday for his analysis of how economies of scale can affect international trade patterns.

Krugman has been a harsh critic of the Bush administration and the Republican Party in the New York Times, where he writes a regular column and has a blog called "Conscience of a Liberal."

Tore Ellingsen, a member of the prize committee, acknowledged Krugman is an "opinion maker" but added that he was honored on the merits of his economic research.

ALEX WONG/MEET THE PRESS/AP FILE

Princeton scholar and New York Times columnist Paul Krugman has compared the current economic turmoil in the United States to the devastation of the 1930s.

The Nobel is in recognition of Krugman's work on international trade.

"We disregard everything except for the scientific merits," Ellingsen said.

The 55-year-old American economist was the lone winner of the 10 million kronor ($1.4 million) award and the latest in a string of American researchers to be honored.

Not one to tone down his opinions, Krugman has compared the current financial crisis to the devastation of the 1930s.

"We are now witnessing a crisis that is as severe as the crisis that hit Asia in the '90's. This crisis bears some resemblance to the Great Depression," Krugman said Monday.

The Royal Swedish Academy of Sciences praised Krugman for formulating a new theory to answer questions about free trade and said his theory had inspired an enormous field of research.

"What are the effects of free trade and globalization? What are the driving forces behind worldwide urbanization? Paul Krugman has formulated a new theory to answer these questions," the academy said in its citation.

Krugman said winning the Nobel award won't change his approach to research and writing.

"I'm a great believer in continuing to do work," he told reporters. "I hope that two weeks from now I'm back to being pretty much the same person I was before." (AP)

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Sports

CRUISER RESTS: John Madden's cruiser will stay in park this week, as his streak of calling one game per week for 28 years will come to end at 476 games despite a notorious fear of flying. Madden will return the following week after the rest.

TONI L. SANDYS/TWP

The Redskins were besieged by turnovers Sunday, prompting some to say the team overlooked previously winless St. Louis.

Redskins Focus on Loss

Players deny they were overconfident heading into game vs. Rams

REDSKINS | Jim Zorn produced another of those priceless visual moments that have become standard at his weekly news conferences. The Washington Redskins coach lifted his shoulders and began strutting in place — maybe a hint of a Michael Jackson moonwalk? — to emphasize his point.

"I don't think we saw ourselves as an elite team, strutting ourselves, walking in and saying 'We are so awesome,'" Zorn said. "I just think we tried to win the game. We played hard. ... I don't think we overlooked this team at all, and I don't think we're going to overlook any team."

Zorn was responding to comments from running back Clinton Portis, who said the Redskins "overlooked" the St. Louis Rams. Kick returner Rock Cartwright added that the Redskins "relaxed" against the two-touchdown underdogs.

As Zorn indicated, those feelings weren't unanimous. As players and coaches met Monday to dissect what went wrong in Sunday's 19-17 loss to a winless team, the focus was more on a perfect storm of unusual turnovers and a precious few plays that didn't go as choreographed.

"I disagree with Clinton, but who's to say who's right?" left guard Pete Kendall said. "It was my opinion that we'd had a good week of practice, that we had the right amount of focus.

"I really don't think you can tell by how a locker room is what the product is going to be on Sunday. Sometimes the locker room is loose and you think, 'Boy, these guys aren't taking it seriously,' and you go out and play great. And sometimes it's loose and you play terrible."

> "It was my opinion that we'd had a good week of practice, that we'd had the right amount of focus."
>
> **PETE KENDALL**, REDSKINS GUARD

In the days leading up to the game, the Redskins (4-2) openly discussed the need not to overlook the Rams, even as conventional wisdom had Washington easily beating St. Louis, Cleveland and Detroit in a row to get to 7-1. Impressive road wins over Dallas and Philadelphia had made Zorn's team the flavor of the month.

"We talked about all week how this was going to be a tough game, how those guys were going to come in here at us, so it wasn't a surprise," linebacker Marcus Washington said. "We felt we should have been victorious, just from the way we've been playing. But those guys made plays, too." JOSEPH WHITE (AP)

Rookie Punter May Get the Boot

Cerrato says Brooks is out after shaky outing; kickers set to try out

REDSKINS | The Washington Redskins will absolutely, positively have a new punter next week.

Or maybe not.

Fed up with rookie Durant Brooks' inconsistency, executive vice president of football operations Vinny Cerrato said definitively on his radio show Monday that "somebody else will be punting" when the Redskins host the Cleveland Browns on Sunday.

JOHN MCDONNELL/TWP

Rookie punter Durant Brooks, right, was a Redskins sixth-round draft pick.

Cerrato said the Redskins will audition two or three punters Tuesday to replace sixth-round draft pick Brooks, who ranks last by far in the NFL in gross average (39.6) and net average (32.1).

Shortly afterward, coach Jim Zorn was put in the awkward position of contradicting his boss without sounding as if he were contradicting his boss. Yes, the coach said, there will be punters brought in for tryouts, but there's a chance Brooks will keep the job if those auditions don't go well.

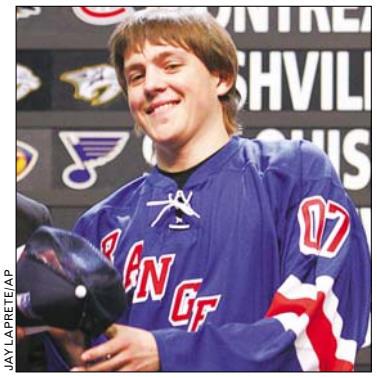
"You can't say, 'We're going to replace him,' 'See ya later,' when we need to look at who we would replace him with as well — if we were going to replace him," Zorn said. "Now he may be the best guy out there, and then we have to work with him."

Complicating matters, Zorn revealed that Brooks has been suffering from a nagging hip flexor and quad strain in his kicking leg and was having an MRI on Monday. The injury hasn't prevented Brooks from punting well in practice, and Zorn stressed the injury has nothing to do with the decision to look elsewhere.

"I would say his position is in jeopardy," Zorn said. "Because of performance, not because of injury." JOSEPH WHITE (AP)

Banged up: An injury to RB Ladell Betts is one of the Redskins' top concerns | **washingtonpost.com/sports**

In Brief



JAY LAPRETE/AP

Alexei Cherepanov, selected in the 2007 NHL draft, died on Monday at 19.

HOCKEY

Rangers Prospect Dies at 19

A 19-year-old prospect for the New York Rangers prospect died during a game in Russia on Monday. Alexei Cherepanov was selected in the first round of the 2007 NHL draft and was playing in Russia's Continental Hockey League. The Rangers announced the death but did not elaborate. "Alexei was an intelligent, energetic young man, with tremendous talent and an extremely bright future," general manager Glen Sather said. (AP)

FOOTBALL

Bengals QB Palmer to Miss Another Game Due to Elbow

Bengals quarterback Carson Palmer will miss another game because of his sore passing elbow. Coach Marvin Lewis said Monday that Ryan Fitzpatrick will start against the Pittsburgh Steelers on Sunday, giving Palmer another week to rest his right elbow. It'll be the third game Palmer misses this season because of the injury. (AP)

SOCCER

Citing Racism, England Refuses Match in Spain

English soccer authorities vetoed Madrid as a venue for a proposed exhibition game against Spain because of the racist abuse the team faced the last time it played in the city. The Spanish federation was fined more than $75,000 when Shaun Wright-Phillips, Ashley Cole, Rio Ferdinand, Jermain Defoe and Jermaine Jenas were subjected to racial taunts in November 2004. Spain won that exhibition, 1-0, and the teams have not played in Spain since. (AP)

ON THE BLOCK: The last home run ball hit at Yankee Stadium will be sold at an auction by the Casper, Wyo., man who snagged it. Steve Harshman said he will use the money to pay off some debt.

Sports

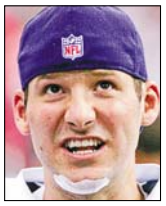
Broken Pinkie Sacks Romo

Cowboys quarterback may miss 1 month after injuring finger in loss

NFL | Dallas Cowboys quarterback Tony Romo has a broken finger on his throwing hand and could be out for up to four weeks.

Romo broke his right pinkie on the first play of overtime in a 30-24 loss at Arizona on Sunday, according to a posting on the team's official Web site.

The injury leaves the Cowboys (4-2) with 40-year-old Brad Johnson as the starter. Johnson, who won a Super Bowl with Tampa Bay, hasn't started a game since 2006 in Minnesota.



Romo

Romo missed on three straight passes to start the overtime, but before then passed for 321 yards and three touchdowns despite heavy pressure. He was sacked three times and hit several other times.

Through Sunday's games, Romo ranks second in NFC passing with a 103.5 rating. He has thrown for 14 touchdowns and been intercepted five times.

Johnson quarterbacked the Tampa Bay Buccaneers to the NFL championship in 2002. He has been Romo's backup since last season and threw only 11 passes in 2007. (AP)

BASEBALL | UPTON TAKES CHARGE EARLY IN ALCS GAME 3

WINSLOW TOWNSON/AP

GOTCHA: Red Sox shortstop Alex Cora holds up the ball after tagging out Tampa Bay's B.J. Upton at second base on a single by Carlos Pena in the fifth inning in game 3 of the ALCS in Boston. Earlier, Upton hit a three-run home run to give the Rays an early lead over the Red Sox. ✤ **Late games:** For results of the ALCS and NLCS games | **washingtonpost.com/sports**

Foot Injury Ends Big Brown's Career

HORSE RACING | Kentucky Derby and Preakness winner Big Brown's racing career is over after he injured his right front foot during a workout at Aqueduct on Monday.

Trainer Rick Dutrow said the 3-year-old colt, who was preparing for the Breeders' Cup Classic on Oct. 25, appeared to kick himself while working on the turf course at Aqueduct with stablemate Kip Deville.

Big Brown was able to complete the six-furlong work when Dutrow noticed blood coming out of the foot. Though the extent of the injury is unknown, Michael Iavarone of IEAH Stables, co-owners of Big Brown, said the horse who captivated the racing world during his Triple Crown bid will not race again.

The Classic was expected to be Big Brown's final race before he was retired to stud. (AP)

TODAY'S TV LINEUP

NHL (7:30 P.M. ON VERSUS) It didn't take long for the NHL to showcase Sidney Crosby and the Pittsburgh Penguins on national TV. They'll face their in-state rivals, the Philadelphia Flyers.

BASEBALL PLAYOFFS (8 P.M. ON TBS) Boston's Tim Wakefield, who is 19-5 all-time against the Rays but was 0-2 this year, takes the mound in game 4 of the ALCS against Tampa, which will send Andy Sonnastine to the mound.

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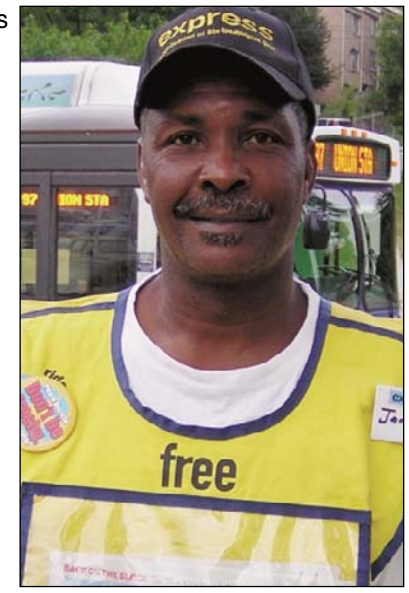

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163.7 | **The number** of yards UNC's Brandon Tate averaged this year, the most in the ACC. Tate's season and college football career are over — he tore his ACL and MCL.

Sports

Terps Are at a Crossroads

UMd. uses bye week to refocus and get its season back on track

TERPS FOOTBALL | Ralph Friedgen has tried to reach this team, tried to drill into their heads the things he's learned over decades of coaching football.

The rah-rah speeches. The screaming and demeaning when he sees the need. Heck, when they've needed to loosen up, the big coach has even been known to do a little shimmy to the music. Whatever it takes, Friedgen's job is to get his team mentally ready and excited for Saturday football games.

"The question is how many times can you get up over a 12-game season versus how many times you don't get up," Friedgen said. "That's the secret, if you can get your guys to understand what you're going into."

Last week against Virginia, the Terrapins weren't ready. They stumbled to the wrong end of a 31-0 rout. And with a bye last week, the coach has focused on setting his house right. They've watched film and studied, and he's called meetings. He may call more, he said.

JOHN MCDONNELL/TWP

Ralph Friedgen has tried everything to get his Terps up for games, with mixed results.

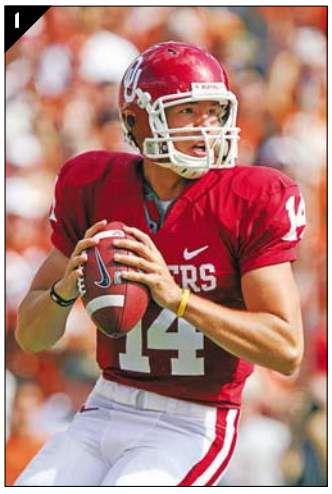
FOCUS ON HEYWARD-BEY

➜ Terps WR Darrius Heyward-Bey is a threat anytime he touches the ball. So, it's a bit odd that Heyward-Bey has not caught a pass in the past two games. It's imperative, coach Ralph Friedgen said, that the Terps get him the ball. "We've got to do a better job of reading coverage and got to do a better job of running routes." D.T.

At 4-2 (1-1 in the ACC), Maryland's goals are still within reach. Friedgen, though, is calling on his players to decide which team they are. Are they the team that looked like they should be ranked two weeks ago? Or are they the team that were just plain rank last week?

"We've got to put the Virginia game behind us and concentrate on our next six games," he said. "That's going to really determine the type of season we have." DEREK TURNER

HEISMAN HOPEFULS | COLLEGE GRIDIRON GREATS



1 Oklahoma's **Sam Bradford** did everything he could in the Red River Rivalry, going 28-39 for 387 yards and throwing for five touchdowns in a loss to Texas. 2. **Chase Daniel** of Missouri, wearing No. 25 in honor of fallen teammate Aaron O'Neal, had his worst outing of the season in a loss to Oklahoma State. Daniel went 39 for 52 with 390 yards and three interceptions. 3. All Texas Tech's **Graham Harrell** does is throw touchdown passes. He has 20 TDs and only three interceptions this year. 4. **Colt McCoy** of Texas is a legitimate dual threat and led the Longhorns to a 45-35 win over Oklahoma.

Bowden Ousted As Clemson's Football Coach

ACC FOOTBALL | Tommy Bowden is out as Clemson's football coach.

Bowden and the school split Monday in the middle of his 10th season, which started with the Tigers ranked No. 9 and picked to win the Atlantic Coast Conference. But an opening 34-10 rout by Alabama and recent losses to Maryland and Wake Forest raised calls again for Bowden's ouster despite a recent contract extension. The school appointed receivers coach Dabo Swinney the interim head coach..

Clemson went 72-45 (43-32 ACC) and made eight bowl appearances under Bowden. But the son of storied football coach Bobby Bowden seemed unable to meet expectations. (AP)

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Sports

13 **The number of touchdowns** that a Florida high school team won by last weekend, when Naples High beat Estero High, 91-0. Naples led 70-0 at the half.

Wizards Take Game Global

Team heads to Europe to face Hornets for 2 preseason matchups

WIZARDS | From Beijing to Berlin, All-Star point guard Chris Paul is getting a firsthand look at the globalization of basketball.

Paul, who won a gold medal with the U.S. national team at the Beijing Olympics in August, leads the New Orleans Hornets against the Washington Wizards in an NBA preseason game Tuesday in the German capital.

"The game of basketball has grown unbelievably, and Europe has a lot to do with that," he said Monday.

"It's a game we take very seriously, but it's also a game where we take a look at certain players on our team to see what they can do to help us this season," Hornets head coach Byron Scott said.

Washington coach Eddie Jordan said the matchup was the continuation of a friendly rivalry dating back to when he and Scott spent time together coaching the New Jersey Nets. "We beat them twice last year, and they won over 50 games. So, there is some rivalry," said Jordan.

Wizards forward Caron Butler is a particular fan of the bratwurst sausages in Europe. "I do love the brats," he said.

"I'm a Wisconsin native, and we're real big on brats. To come out here and eat some of the brats is great."

The Wizards and Hornets will play again Friday in Barcelona, Spain.

PATRICK MCGROARTY (AP)

MIGUEL VILLAGRAN/AP

Andray Blatche, center, helps 9-year-old Lisa dunk the ball as Dominic McGuire, left, and Oleksiy Pecherov, right, celebrate during a practice with children in Berlin.

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WHEN IN DOUBT, LAUGH: Is the world ready for a cancer comedy? Seth Rogen and Mandate Pictures think so. Mandate has picked up "I'm With Cancer," a comedic autobiographical script written by Will Reiser that Rogen will produce.

Entertainment

GETTY IMAGES

JUST LIKE OLD TIMES: Sarah Dash, Patti LaBelle and Nona Hendryx are releasing a new album, "Back to Now," on Oct. 21.

Soul Sisterhood

Labelle still gives off heat waves 30 years after 'Marmalade'

REUNION | Old school can still command attention — just ask Tina Turner, who recently launched a sold-out world tour at age 68.

Hoping to sashay its way into that zeitgeist is futuristic '70s rock-soul-funk trio Labelle. Best-known for the 1974 No. 1 R&B and pop hit "Lady Marmalade," Patti LaBelle, Nona Hendryx and Sarah Dash return Oct. 21 with their long-awaited reunion album, "Back to Now" (Verve).

Several mini-reunions have transpired since the group's last studio album, 1976's "Chameleon." The trio recorded the dance hit "Turn It Out" in 1995 for the movie "To Wong Foo, Thanks for Everything! Julie Newmar" and two TV specials. In 1999, the group — originally known as the Blue Belles in the '60s with fourth member Cindy Birdsong — received the Rhythm & Blues Foundation's Pioneer Award. That was followed by Labelle's singing the Hendryx-written theme song for the 2006 film "Preaching to the Choir."

As talk about a Labelle reunion repeatedly surfaced through the years, it was always waylaid by the members' individual careers and — surprisingly — LaBelle's own trepidation.

"I really didn't know if we still had the vocal power," LaBelle says. "But after we did the first song, I knew we were still some hot mamas."

That song was "Dear Rosa," a moving tribute to civil rights activist Rosa Parks that Hendryx co-wrote and produced. The group worked on the track at the same time it recorded the "Preaching" title theme, finally getting the ball rolling on "Back to Now."

"Dear Rosa" joins nine other songs on the album, whose selections run the gamut from Cole Porter ("Miss Otis Regrets," a 1970 live Labelle recording with Who drummer Keith Moon) to Wyclef Jean.

Hendryx segues back into her role as Labelle's primary songwriter, contributing the funk-infused "Candlelight" and the aggressive "System."

"Thank God we taped our rehearsals back then," Dash says. "After we decided to come back together last year, we thought those songs were a good place to start."

Besides featuring "Without You in My Life" and other tracks co-written by all three ladies, "Back to Now" adds a contemporary vibe without taking away from the funky Labelle that longtime fans remember. The key ingredients behind its engaging sound — LaBelle's soaring sass, Hendryx's rock-edged stance and Dash's earthy accents — remain intact.

GAIL MITCHELL (BILLBOARD)

Beauty Is Pain Masked in Pop

Keane is upbeat yet somber on the stellar 'Perfect Symmetry'

MUSIC | The British trio Keane have had considerable success since their 2004 debut, "Hopes And Fears," and their single "Somewhere Only We Know."

On their latest studio album, "Perfect Symmetry," the group displays its trademark melodic songcraft and soaring vocals, and weaves in a decidedly 1980s New Wave pop flair on many of the album's 11 tracks, which are mostly up-tempo.

But don't mistake "Perfect Symmetry" for a collection of lightweight, retro pop.

Perhaps reflecting the band's struggles after singer Tom Chaplin's publicized bout with drug and alcohol addiction following the release of the band's second album two years ago, "Perfect Symmetry" sees Keane exploring more somber themes.

INTERSCROPE RECORDS

Addiction and love are some of the more sobering topics Keane tackles.

The opening track, "Spiralling," starts off with heavyweight '80s pop beat. But Chaplin is not slinging fluff when he sings, "When we fall in love/We're just falling in love with ourselves.

Keane leaves the best for last with "Love Is the End," a slow, lullaby-like track. Chaplin is at his most melodic here, weaving a tale of love lost with an angelic, mournful touch that builds to a full, cathartic choral outro. ALEX VEIGA (AP)

WARNER BROS. TELEVISION

SCALPELS! DRAMA! Apparently, after 14 seasons, "ER" still thrills the public.

No Life Support For 'ER'

But in its last season, the old favorite reels in younger viewers

STILL IN IT | In its 15th and final season, NBC's "ER" isn't the fearsome competitor it once was. But on Thursday it looked tough enough against two new rivals, both Americanized versions of British cop dramas.

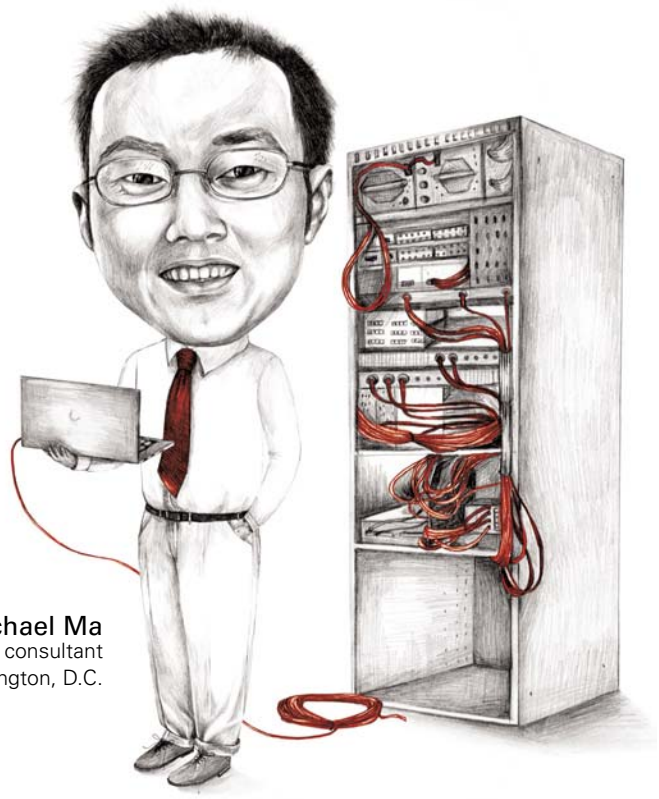
The 10 p.m. premieres of ABC's "Life on Mars" — an adaptation of the BBC cult hit about a time-traveling detective — and CBS's "Eleventh Hour" — a sci-fi investigations drama imported from ITV — tied with 11.6 million viewers apiece, according to data from Nielsen Media Research. "ER" was third with 9.3 million.

But here's the surprise: The aging "ER" narrowly won among the crucial 18-to-49-year-old demographic, suggesting that the ABC series faces a tough climb in luring those all-important young viewers.

Meanwhile, NBC's new sitcom "Kath & Kim" — an update on the Australian comedy — won a distant second place in its time slot.

NBC's premiere of "Saturday Night Live Weekend Update Thursday" was a surprisingly competitive No. 3 in a rough 9:30 p.m. time period. (LOS ANGELES TIMES)

He asked how much I budget for unexpected **equipment repairs**. He never ceases to amaze me.



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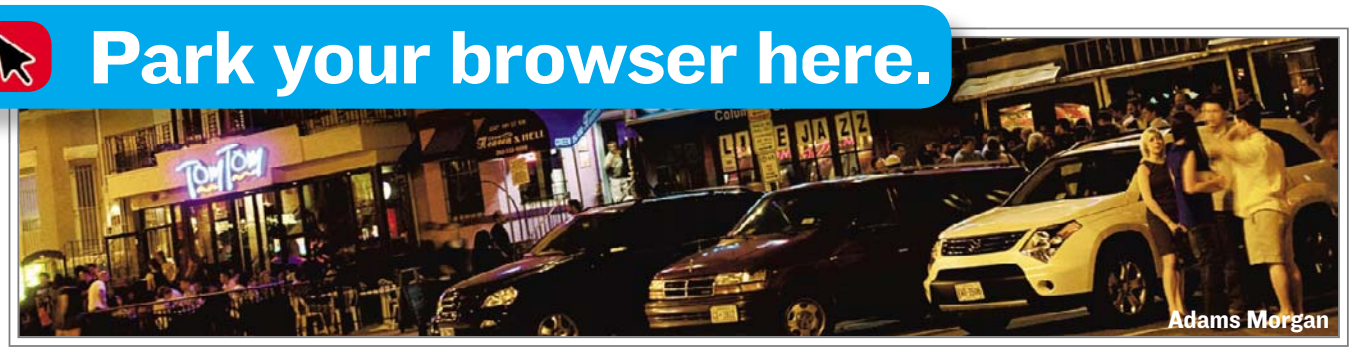

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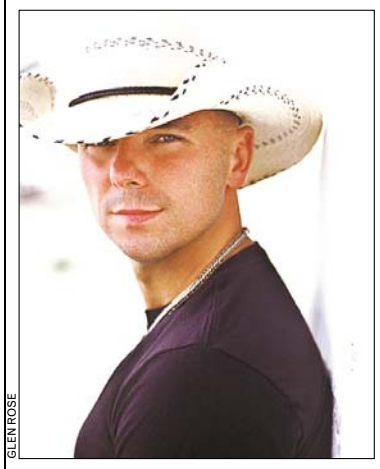


GLEN ROSE

HIS OWN COWBOY: Soul-searching is the only thing on this fellow's agenda.

Chesney Does Pure Chesney

A country music vet abandons the typical songs for the personal

MUSIC | Despite his success, Kenny Chesney has spent the last five years searching: He's looked for a new sound, a new way to describe his life in his songs.

With "Lucky Old Sun," Chesney seems to have found what he wanted. He's never sounded so relaxed and sure of himself. Still, it's a risky venture, as the country superstar steps away from the party anthems and middle-class sentiments his fans expect from him.

Instead, he creates a personal album about escape. The settings often feature beaches, boats and rum drinks, familiar territory for Chesney. But this time he's not heading into the sunshine to get loose; instead, he's getting away from it all to figure out who he is.

Whether singing with Dave Matthews on the atmospheric, modern ballad "I'm Alive" or with Willie Nelson on the sweet American songbook standard "That Lucky Old Sun (Just Rolls Around Heaven All Day)," Chesney focuses on philosophical lyrics about a successful overachiever who knows he should be happier than he is.

MICHAEL MCCALL (AP)

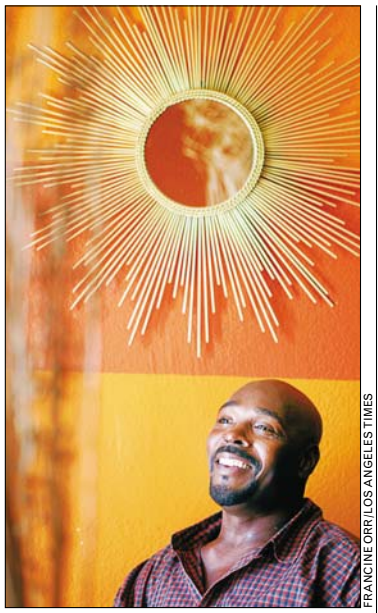
Entertainment

Reality Check-in For King

L.A. riots icon is back in the public eye on VHI's 'Celebrity Rehab'

REHAB | On prominent display in Rodney King's suburban Rialto, Calif., home is a framed photograph — a reminder of his role in one of the most incendiary chapters in Los Angeles history.

The close-up of a bulky, nervous King was taken during a 1992 news conference days after rage and violence swept across the city following the acquittal of four Los Angeles Police Department officers who were charged with violating King's civil rights. The picture was snapped just as he made his memorable plea for calm amid rioting that ultimately led to 54 deaths, more than 2,300 injuries and 12,000 arrests: "People, I just want to say: Can we all get along? Can we get along?"



FRANCINE ORR/LOS ANGELES TIMES

Rodney King will appear on "Celebrity Rehab" in an effort to beat his addiction.

In the more-than 16 years since, King continues to ask himself that very same, very simple and profound question. His own path since becoming an unwitting symbol of police brutality to some and a habitual petty criminal to others has been filled with tumult.

Now, although he had tried to maintain a low profile, King is willingly putting himself — and his demons — front and center in VH1's "Celebrity Rehab with Dr. Drew," which launches its second season Oct. 23. The series is billed as television's first examination of the rehabilitation process and features Drew Pinsky, the low-key celebrity physician who is well-known for his nationally syndicated radio call-in show, "Loveline." Pinsky is head of the Department of Chemical Dependency Services at Pasadena's Las Encinas Hospital.

King said he appeared on the show to demonstrate that he has reformed and that he is not the cowering victim in the grainy videotape. Most of all, he did it to reclaim his name. "Over the years, a lot of rappers — Lil' Wayne, Ice Cube — have used my name in their songs," said the 43-year-old King, who had his first drink when he was 8. "I'm a real touchstone of history.

"But they don't know me as a person. I understand the hurt, and now I'm seeking help for myself. Putting myself out there is a good way for me to overcome the addiction. I want my kids to understand me, and it was easier to show them by being on TV." GREG BRAXTON (LOS ANGELES TIMES)

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The Spina Bifida Association promotes the prevention of Spina Bifida and seeks to enhance the lives of those that are affected.

For more information log onto www.spinabifidaassociation.org

SPINA BIFIDA ASSOCIATION

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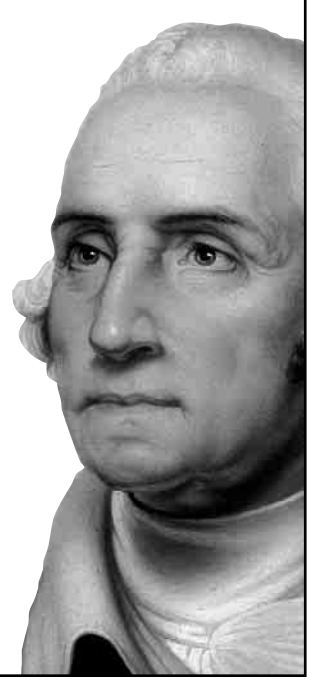

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Immigration Legal Services

Angele and her two sons fled war-torn Congo, leaving behind a husband and father, held captive. Separated for 8 years and in need of a miracle, Angele came to Catholic Charities, where our Immigration Legal Services team fought for the family's asylum. On January 31, 2008 Shambuy reunited with his family at Dulles Airport.

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ROCKVILLE CENTER STADIUM 13
Rockville Town Center 800-FANDANGO 248#

Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale SAW V
BODY OF LIES (R) - ID REQ'D ★ (1230 130 330 430) 630 730 930 1030
QUARANTINE (R) - ID REQ'D (1215 245 515) 745 1015
THE EXPRESS (PG) (1245 345) 645 1000
CITY OF EMBER (PG) (115 415) 700 930
THE DUCHESS (PG-13) (115 400) 715 1000
BEVERLY HILLS CHIHUAHUA (PG) (1245 400) 640 910
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) (1215 230 445) 715 945
RELIGULOUS (R) - ID REQ'D (100 415) 700 945
EAGEL EYE - DP (PG-13) (145 500) 800 1045
NIGHTS IN RODANTHE (PG-13) (445 PM) 1015 PM
OC: NIGHTS IN RODANTHE (PG-13) (200 PM) 730 PM
BURN AFTER READING (R) - ID REQ'D (300 530) 815 1035
FLASH OF GENIUS (PG-13) (330 PM) 630 PM 915 PM
BLINDNESS (R) - ID REQ'D (1200 PM)
MIRACLE AT ST. ANNA (R) - ID REQ'D (1200 PM)

GERMANTOWN STADIUM 14
20000 Century Blvd 800-FANDANGO 455#

Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale SAW V
BODY OF LIES (R) - ID REQ'D ★ (1245 145 345 445) 645 745 945 1045
QUARANTINE (R) - ID REQ'D (200 500) 745 1030
THE EXPRESS (PG) (115 415) 715 1015
CITY OF EMBER (PG) (130 430) 730 1000
BEVERLY HILLS CHIHUAHUA (PG) (130 415) 700 915
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) (145 445) 730 1000
AMERICAN CAROL (PG-13) (115 400) 700 945
FLASH OF GENIUS (PG-13) (1245 PM 330 PM) 630 PM
HOW TO LOSE FRIENDS AND ALIENATE
PEOPLE (R) - ID REQ'D 930 PM
NIGHTS IN RODANTHE (PG-13) (100 PM) 630 PM
OC: NIGHTS IN RODANTHE (PG-13) (330 PM) 915 PM
EAGLE EYE (PG-13) (100 430) 715 1015
BLINDNESS (R) - ID REQ'D (215 PM)
MIRACLE AT ST. ANNA (R) - ID REQ'D (515 PM) 830 PM
FIREPROOF (PG) (1245 345) 645 930
LAKEVIEW TERRACE (PG-13) (230 515) 815 1045

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale SAW V
BODY OF LIES (R) - ID REQ'D ★ (100 200 345 445) 645 745 945
QUARANTINE (R) - ID REQ'D (230 515) 800 1030
CITY OF EMBER (PG) (215 500) 745 1020
THE EXPRESS (PG) (100 400) 700 1000
FLASH OF GENIUS (PG-13) (145 PM 430 PM) 715 PM
BEVERLY HILLS CHIHUAHUA (PG) (215 500) 730 1015
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) 130 (345) 630 900
OC: NIGHTS IN RODANTHE (PG-13) (415 PM) 900 PM
BLINDNESS (R) - ID REQ'D (115 PM)
EAGLE EYE (PG-13) (200 445) 730 1030
MIRACLE AT ST. ANNA (R) - ID REQ'D (400 PM) 800 PM
NIGHTS IN RODANTHE (PG-13) (130 PM) 630 PM
FIREPROOF (PG) (115 415) 700 945
THE DUCHESS (PG-13) (145 430) 715 1015
APPALOOSA (R) - ID REQ'D (105 355) 645 930
LAKEVIEW TERRACE (PG-13) 1000 PM

MAJESTIC STADIUM 20
900 Ellsworth Dr, Silver Spring, MD 240-393-4826

Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale SAW V
BODY OF LIES (R) - ID REQ'D ★ (1230 130 330 430) 630 730 930 1030
THE EXPRESS (PG) (115 200 415 510) 715 800 1015 1050
QUARANTINE (R) - ID REQ'D (1215 145 240 400 500) 620 710 830 920 1040
CITY OF EMBER (PG) (1200 215 430) 645 900
THE DUCHESS (PG-13) (1235 310 540) 810 1045
RW: BEVERLY HILLS CHIHUAHUA (PG) (1240 300 520) 740 1000
BEVERLY HILLS CHIHUAHUA (PG) (1205 220 435) 650
RW: NICK & NORAH'S INFINITE PLAYLIST (PG-13) (110 350) 600 815 1025
EAGLE EYE (PG-13) (1210 245 410 525) 700 805 950 1050
AMERICAN CAROL (PG-13) (420 PM) 935 PM
FLASH OF GENIUS (PG-13) (455 PM) 1005 PM
HOW TO LOSE FRIENDS AND ALIENATE
PEOPLE (R) - ID REQ'D (120 PM)
BLINDNESS (R) - ID REQ'D (225 505) 750 1035
NIGHTS IN RODANTHE (PG-13) (100 345) 635 910
APPALOOSA (R) - ID REQ'D (135 445) 725 1015
IGOR (PG) (1220 PM)
GHOST TOWN (PG-13) 925 PM
LAKEVIEW TERRACE (PG-13) (105 340) 610 840
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (125 405) 720 955
RIGHTEOUS KILL (R) - ID REQ'D (140 PM) 705 PM
BURN AFTER READING (R) - ID REQ'D (235 PM) 745 PM

ROYALE STADIUM 14
6505 America Blvd, Hyattsville, MD 301-864-3456

Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale SAW V
QUARANTINE (R) - ID REQ'D (125 355) 655 940
BODY OF LIES (R) - ID REQ'D ★ (130 430) 730 1020
CITY OF EMBER (PG) (120 420) 720 950
THE EXPRESS (PG) (115 415) 745 1035
RW: NICK & NORAH'S INFINITE PLAYLIST (PG-13) (110 410) 710 935
RW: BEVERLY HILLS CHIHUAHUA (PG) (155 445) 705 930
FLASH OF GENIUS (PG-13) 1010 PM
HOW TO LOSE FRIENDS AND ALIENATE
PEOPLE (R) - ID REQ'D (455 PM)
BLINDNESS (R) - ID REQ'D (440 PM)
EAGLE EYE (PG-13) (105 200 405) 700 755 945 1030
MIRACLE AT ST. ANNA (R) - ID REQ'D (100 PM 450 PM) 925 PM
APPALOOSA (R) - ID REQ'D (150 500) 735 1005
LAKEVIEW TERRACE (PG-13) (140 425) 715 1000
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (205 435) 750 1025
RIGHTEOUS KILL (R) - ID REQ'D (135 PM) 740 PM 1015 PM
BURN AFTER READING (R) - ID REQ'D (145 PM 400 PM) 725 PM

BETHESDA 10
7272 Wisconsin Avenue 800-FANDANGO 569#

Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
BODY OF LIES (R) - ID REQ'D ★ (1245 200 345 500) 700 800 950
CITY OF EMBER (PG) (1230 245 500) 715 940
THE EXPRESS (PG) (100 400) 715 1005
FLASH OF GENIUS (PG-13) (115 415) 700 1000
HOW TO LOSE FRIENDS AND ALIENATE
PEOPLE (R) - ID REQ'D (1245 PM)
BEVERLY HILLS CHIHUAHUA (PG) (220 440) 700 925
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) (1250 300 510) 730 940
EAGLE EYE (PG-13) (210 450) 730 1010
NIGHTS IN RODANTHE (PG-13) (100 320 540) 800 1020
VICKY CRISTINA BARCELONA (PG-13) (300 515) 745 1010

BOWIE STADIUM 14
15200 Major Lansdale Blvd 800-FANDANGO 454#

Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale SAW V
THE EXPRESS (PG) (200 445 530) 745 830 1045 1115
QUARANTINE (R) - ID REQ'D (130 215 345 430) 600 645 815 900 1030 1115
BODY OF LIES (R) - ID REQ'D ★ (200 445) 730 1015
CITY OF EMBER (PG) (130 345) 615 830 1045
BEVERLY HILLS CHIHUAHUA (PG) (145 430) 700 915
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) (230 500) 715 930
BLINDNESS - DP (R) - ID REQ'D (245 PM)
EAGLE EYE (PG-13) (115 415) 730 1015
MIRACLE AT ST. ANNA (R) - ID REQ'D (215 PM) 600 PM 930 PM
NIGHTS IN RODANTHE (PG-13) (145 415) 715 945
FIREPROOF (PG) (100 400) 645 930
LAKEVIEW TERRACE (PG-13) (245 530) 815 1100
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (215 500) 745 1030

GALLERY PLACE STADIUM 14
701 Seventh St NW 800-FANDANGO 1721#

Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale SAW V
BODY OF LIES (R) - ID REQ'D ★ (1200 1245 300) 400 615 715 920 1030
THE EXPRESS (PG) (1230) 345 700 1010
QUARANTINE (R) - ID REQ'D (1220 245) 510 745 1020
CITY OF EMBER (PG) (1210 230) 450 730 950
AMERICAN CAROL (PG-13) (1230) 330 540 810 1025
FLASH OF GENIUS (PG-13) 945 PM
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) (1210 220) 430 720 945
OC: NIGHTS IN RODANTHE (PG-13) (215 PM) 1000 PM
BLINDNESS (R) - ID REQ'D (1240 PM) 350 PM 650 PM
EAGLE EYE (PG-13) (1200 240) 520 800 1040
MIRACLE AT ST. ANNA (R) - ID REQ'D (1150) 315 640 1005
NIGHTS IN RODANTHE (PG-13) (1155 AM) 455 PM 725 PM
LAKEVIEW TERRACE (PG-13) (1155 235) 510 755 1035
TYLER PERRY'S: FAMILY THAT PREYS - DP (PG-13) (1150 225) 505 740 1015
BURN AFTER READING (R) - ID REQ'D (1225 250) 515 750 1010

BALLSTON COMMON STADIUM 12
671 N Glebe Rd 800-FANDANGO 377#

AMERICAN CAROL (PG-13) (150 410) 635 855
BEVERLY HILLS CHIHUAHUA (PG) (155 435) 715 950
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) (1250 310 530) 800 1020
EAGLE EYE (PG-13) (1245 350) 645 940
MIRACLE AT ST. ANNA (R) - ID REQ'D (100 PM 430 PM) 810 PM
BURN AFTER READING (R) - ID REQ'D (230 510) 750 1030
THE DARK KNIGHT (PG-13) (110 PM 450 PM) 820 PM
BODY OF LIES (R) - ID REQ'D ★ (1255 135 320 400 440) 625 705 745 930 1010
CITY OF EMBER (PG) (235 505) 735 1000
THE EXPRESS (PG) (105 405) 700 1005

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#

Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale SAW V
BODY OF LIES (R) - ID REQ'D ★ (1240 140 345 445) 650 750 955
QUARANTINE (R) - ID REQ'D (210 310 435 535) 700 800 925 1025
CITY OF EMBER (PG) (235 505) 735 1005
THE EXPRESS (PG) (110 415) 720 1025
FLASH OF GENIUS (PG-13) (1245 335) 625 915
HOW TO LOSE FRIENDS AND ALIENATE
PEOPLE (R) - ID REQ'D (215 PM)
BEVERLY HILLS CHIHUAHUA (PG) (130 405) 710 945
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) (120 400) 630 900
BLINDNESS (R) - ID REQ'D (455 PM) 755 PM
EAGEL EYE - DP (PG-13) (130 425) 740 1035
EAGLE EYE (PG-13) (1230 325) 640 935
OC: NIGHTS IN RODANTHE (PG-13) (450 PM) 1010 PM
NIGHTS IN RODANTHE (PG-13) (220 PM) 730 PM
LAKEVIEW TERRACE (PG-13) (225 PM 520 PM) 810 PM
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (1230 330) 620 910
RIGHTEOUS KILL (R) - ID REQ'D (150 420) 715 1000

KINGSTOWNE STADIUM 16
5910 Kingstowne Towne Center 703-822-4956

Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale SAW V
RW: BODY OF LIES (R) - ID REQ'D (1200 250) 645 945
QUARANTINE (R) - ID REQ'D (1215 235 510) 800 1020
BODY OF LIES (R) - ID REQ'D ★ (100 400) 745 1035
CITY OF EMBER (PG) (1220 240 500) 730 955
THE EXPRESS (PG) (1250 350) 700 1000
FLASH OF GENIUS (PG-13) (1245 PM) 655 PM
HOW TO LOSE FRIENDS AND ALIENATE
PEOPLE (R) - ID REQ'D (1235 PM)
BEVERLY HILLS CHIHUAHUA (PG) (1205 230 450) 720 940
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) (1225 255 520) 755 1025
RELIGULOUS (R) - ID REQ'D (115 355) 740 1030
BLINDNESS (R) - ID REQ'D (335 PM) 950 PM
EAGLE EYE (PG-13) (120 430) 715 1015
MIRACLE AT ST. ANNA (R) - ID REQ'D (1230 PM)
NIGHTS IN RODANTHE (PG-13) (1210 245 505) 735 1005
FIREPROOF (PG) (315 PM) 620 PM 925 PM
THE DUCHESS (PG-13) (125 410) 710 1010
APPALOOSA (R) - ID REQ'D (105 345) 640 920
LAKEVIEW TERRACE (PG-13) (1255 330) 625 910
BURN AFTER READING (R) - ID REQ'D (415 PM) 650 PM 915 PM

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale SAW V
BODY OF LIES (R) - ID REQ'D ★ (1135 1240 130 230 340 430 525) 640 730 820 940 1030
QUARANTINE (R) - ID REQ'D (1205 240 455) 745 1005
CITY OF EMBER (PG) (1140 210 435) 650 920
THE EXPRESS (PG) (110 410) 710 1010
AMERICAN CAROL (PG-13) (1155 205 420) 705 930
FLASH OF GENIUS (PG-13) (1220 PM) 605 PM
HOW TO LOSE FRIENDS AND ALIENATE
PEOPLE (R) - ID REQ'D (105 PM)
BEVERLY HILLS CHIHUAHUA (PG) (1145 100 215 330 440) 630 720 900
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) (1210 245 500) 755 1020
RELIGULOUS (R) - ID REQ'D (1250 325) 655 935
OC: NIGHTS IN RODANTHE (PG-13) (415 PM) 1000 PM
BLINDNESS (R) - ID REQ'D (310 PM) 905 PM
EAGEL EYE - DP (PG-13) (1130 220 510) 800
EAGLE EYE (PG-13) (350 PM) 700 PM 950 PM
MIRACLE AT ST. ANNA (R) - ID REQ'D 955 PM
NIGHTS IN RODANTHE (PG-13) (120 PM) 725 PM
FIREPROOF (PG) (1225 315) 620 910
THE DUCHESS (PG-13) (1200 235 505) 740 1025
APPALOOSA (R) - ID REQ'D (1245 335) 635 925
IGOR (PG) (125 PM 355 PM)
LAKEVIEW TERRACE (PG-13) 610 PM 855 PM
BURN AFTER READING (R) - ID REQ'D (1230 305) 625 850

FOX STADIUM 16
22875 Crawford Plz, Asburn, VA 703-957-1035

Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale SAW V
BODY OF LIES (R) - ID REQ'D ★ (1230 130 330 430) 630 730 930 1025
CITY OF EMBER (PG) (1200 230 450) 715 945
THE EXPRESS (PG) (100 400) 700 1000
QUARANTINE (R) - ID REQ'D (1245 300 515) 745 1005
RW: BEVERLY HILLS CHIHUAHUA (PG) (1200 220 440) 710 935
AMERICAN CAROL (PG-13) (200 445) 800 1015
FLASH OF GENIUS (PG-13) (110 PM 350 PM) 640 PM
HOW TO LOSE FRIENDS AND ALIENATE
PEOPLE (R) - ID REQ'D (1240 PM)
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) (1220 245 500) 740 955
RW: NIGHTS IN RODANTHE (PG-13) (145 420) 645 915
BLINDNESS (R) - ID REQ'D (1215 PM)
EAGLE EYE (PG-13) (115 315 415) 600 720 845 1010
APPALOOSA (R) - ID REQ'D (1250 345) 650 940
GHOST TOWN (PG-13) (1210 250) 620 850
LAKEVIEW TERRACE (PG-13) 925 PM
THE WOMEN (PG-13) (320 PM) 615 PM 900 PM
BURN AFTER READING (R) - ID REQ'D (140 410) 750 1020

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#

Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale SAW V
CITY OF EMBER (PG) (145 435) 715 935
AMERICAN CAROL (PG-13) (110 325 545) 755 1005
FLASH OF GENIUS (PG-13) (140 425) 710 1000
NIGHTS IN RODANTHE - DP (PG-13) (100 400) 650 930
APPALOOSA (R) - ID REQ'D (135 420) 705 950
THE DUCHESS (PG-13) (125 410) 700 940
IGOR (PG) (105 PM 320 PM 535 PM)
GHOST TOWN (PG-13) (130 430) 735 1010
LAKEVIEW TERRACE (PG-13) 745 PM 1020 PM
THE WOMEN (PG-13) (120 415) 730 1015
RIGHTEOUS KILL (R) - ID REQ'D (115 405) 655 925

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#

Adv. Tix on Sale HIGH SCHOOL MUSICAL 3: SENIOR YEAR
Adv. Tix on Sale SAW V
BODY OF LIES (R) - ID REQ'D ★ (1230 115 330 415) 645 745 1000 1045
QUARANTINE (R) - ID REQ'D (1140 230 545) 800 1015
CITY OF EMBER (PG) (1200 245 500) 715 945
THE EXPRESS (PG) (100 400) 730 1030
FLASH OF GENIUS (PG-13) (420 PM) 1010 PM
HOW TO LOSE FRIENDS AND ALIENATE
PEOPLE (R) - ID REQ'D (145 PM) 720 PM
BEVERLY HILLS CHIHUAHUA (PG) (1145 200 430) 700 930
NICK AND NORAH'S INFINITE PLAYLIST (PG-13) (130 350) 610 830
BLINDNESS (R) - ID REQ'D (120 PM)
EAGEL EYE - DP (PG-13) (1215 315) 630 915
NIGHTS IN RODANTHE (PG-13) (1150 215 445) 710 950
FIREPROOF (PG) (1130 300) 615 900
THE DUCHESS (PG-13) (1245 345) 620 850
APPALOOSA (R) - ID REQ'D (1210 250) 600 840
LAKEVIEW TERRACE (PG-13) (515 PM) 750 PM 1040 PM

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THE IMAX EXPERIENCE
EAGLE EYE: THE IMAX EXPERIENCE (PG13) 1:55, 4:35, 7:15, 9:55

DIGITAL PRESENTATION
BEVERLY HILLS CHIHUAHUA (PG) 12:00, 2:20, 4:40, 7:00, 9:20

BODY OF LIES (R) ✓ 12:30, 1:10, 3:30, 4:10, 6:30, 7:10, 9:30, 10:10
CITY OF EMBER (PG) ✓ 12:55, 3:20, 5:45, 8:10, 10:30
THE EXPRESS (PG) ✓ 1:25, 4:25, 7:20, 10:15
QUARANTINE (R) ✓ 12:50, 1:30, 3:10, 3:50, 5:30, 6:10, 7:50, 8:20, 10:05, 10:35
AN AMERICAN CAROL (PG13) 1:35, 3:45, 5:55, 8:05, 10:20
BEVERLY HILLS CHIHUAHUA (PG) 12:40, 3:00, 5:20, 7:40, 10:05
FLASH OF GENIUS (PG13) 12:30, 5:35
HOW TO LOSE FRIENDS & ALIENATE PEOPLE (R) 1:20
NICK & NORAH'S INFINITE PLAYLIST (PG13) [D] [CC] 12:40, 2:55, 5:15, 7:35, 9:50
EAGLE EYE (PG13) 4:05, 6:45, 9:25
MIRACLE AT ST. ANNA (R) 12:25, 4:00, 7:30
NIGHTS IN RODANTHE (PG13) 1:15, 3:35, 5:55, 8:15, 10:35
LAKEVIEW TERRACE (PG13) 12:25, 3:15, 5:50, 8:25
RIGHTEOUS KILL (R) 2:50, 8:00
TYLER PERRY'S THE FAMILY THAT PREYS (PG13) 12:20, 3:05, 5:45, 8:30

AMC SELECT
THE DUCHESS (PG13) 12:05, 2:35, 5:10, 7:45, 10:25
APPALOOSA (R) 1:50, 4:50, 7:35, 10:15
BLINDNESS (R) 10:00 PM
RELIGULOUS (R) 12:15, 2:45, 5:25, 7:55, 10:20
FIREPROOF (PG) 1:30, 4:15, 7:05
BURN AFTER READING (R) 1:00, 3:25, 5:50, 8:10, 10:30

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
703-998-4AMC

THE IMAX EXPERIENCE
EAGLE EYE: THE IMAX EXPERIENCE (PG13) 1:30, 4:20, 7:00, 9:40

BODY OF LIES (R) 1:10, 4:15, 7:10, 10:00
CITY OF EMBER (PG) [D] [CC] 12:50, 3:15, 5:45, 8:15, 10:40
THE EXPRESS (PG) 1:15, 4:10, 7:15, 10:15
QUARANTINE (R) 1:20, 3:40, 6:00, 8:30, 10:45
BEVERLY HILLS CHIHUAHUA (PG) 1:45, 4:00, 6:30, 8:45, 11:00
FLASH OF GENIUS (PG13) 3:30, 9:45
HOW TO LOSE FRIENDS & ALIENATE PEOPLE (R) 2:10
NICK & NORAH'S INFINITE PLAYLIST (PG13) 1:25, 3:50, 6:10, 8:40, 10:55
MIRACLE AT ST. ANNA (R) 6:15
NIGHTS IN RODANTHE (PG13) 4:50, 7:05, 9:30
LAKEVIEW TERRACE (PG13) 2:00, 4:50, 7:40, 10:20

AMC SELECT
RELIGULOUS (R) 2:40, 5:10, 7:35, 10:05
THE DUCHESS (PG13) 2:20, 5:00, 7:45, 10:35
APPALOOSA (R) 1:50, 4:40, 7:30, 10:10
BLINDNESS (R) 10:30 PM
BURN AFTER READING (R) 12:45, 3:10, 5:30, 8:00

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

DIGITAL PRESENTATION
NICK & NORAH'S INFINITE PLAYLIST (PG13) 1:50, 4:10, 6:45, 9:00

BODY OF LIES (R) 1:15, 4:00, 7:00, 9:50
CITY OF EMBER (PG) 2:30, 5:10, 7:35, 10:10
CITY OF EMBER (PG) [CC] 2:30, 5:10, 7:35, 10:10
THE EXPRESS (PG) 1:10, 4:15, 7:20, 10:15
QUARANTINE (R) 3:00, 5:30, 8:20, 10:30
FLASH OF GENIUS (PG13) 2:10, 7:50
HOW TO LOSE FRIENDS & ALIENATE PEOPLE (R) 1:30
EAGLE EYE (PG13) 1:20, 4:40, 7:40, 10:25
MIRACLE AT ST. ANNA (R) 2:50, 10:10
NIGHTS IN RODANTHE (PG13) 4:20, 7:10, 9:45
GHOST TOWN (PG13) 1:40, 4:30, 7:15, 9:40

AMC SELECT
THE DUCHESS (PG13) 2:05, 4:50, 7:45, 10:35
APPALOOSA (R) 2:20, 5:15, 8:05, 10:35
BLINDNESS (R) 5:00, 10:30
RELIGULOUS (R) 2:40, 5:20, 8:00, 10:20
BURN AFTER READING (R) 2:00, 4:45, 7:30, 9:55

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

THE IMAX EXPERIENCE
EAGLE EYE: THE IMAX EXPERIENCE (PG13) 2:00, 4:50, 7:40, 10:20

BODY OF LIES (R) ✓ 1:30, 4:20, 7:20, 10:10
CITY OF EMBER (PG) ✓ 1:40, 4:10, 6:50, 9:30
THE EXPRESS (PG) [D] [CC] ✓ 1:20, 4:15, 7:20, 10:15
QUARANTINE (R) ✓ 2:30, 4:55, 7:40, 10:00
AN AMERICAN CAROL (PG13) 1:55, 4:15, 6:40, 9:00
BEVERLY HILLS CHIHUAHUA (PG) 12:55, 3:10, 5:30, 7:50, 10:10
FLASH OF GENIUS (PG13) 2:10, 7:45
HOW TO LOSE FRIENDS & ALIENATE PEOPLE (R) 1:00
NICK & NORAH'S INFINITE PLAYLIST (PG13) 2:25, 4:45, 7:05, 9:25
EAGLE EYE (PG13) 3:40, 6:30, 9:20
MIRACLE AT ST. ANNA (R) 1:05, 4:30, 8:00
NIGHTS IN RODANTHE (PG13) 2:20, 4:55, 7:35, 10:00
LAKEVIEW TERRACE (PG13) 2:15, 5:00, 7:45, 10:35
TYLER PERRY'S THE FAMILY THAT PREYS (PG13) 5:10, 10:25

AMC SELECT
APPALOOSA (R) 1:25, 4:10, 7:00, 9:50
THE DUCHESS (PG13) 1:45, 4:30, 7:00, 9:40
BLINDNESS (R) 1:15, 6:30
RELIGULOUS (R) 2:05, 4:40, 7:30, 9:50
FIREPROOF (PG) 1:35, 4:20, 7:10, 9:55
BURN AFTER READING (R) 4:05, 9:20

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

QUARANTINE (R) ✓ 3:40, 5:50, 8:10
FLASH OF GENIUS (PG13) 2:15, 5:10, 7:50
HOW TO LOSE FRIENDS & ALIENATE PEOPLE (R) 4:20
NIGHTS IN RODANTHE (PG13) 2:40, 4:50, 7:20
GHOST TOWN (PG13) 2:10, 4:30, 7:00
LAKEVIEW TERRACE (PG13) 7:10

AMC SELECT
THE DUCHESS (PG13) 2:30, 5:30, 8:00
APPALOOSA (R) 2:20, 5:00, 7:40
BLINDNESS (R) 2:00, 4:40, 7:30

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

BODY OF LIES (R) 1:10, 4:10, 7:10, 10:10
THE EXPRESS (PG) 12:20, 1:20, 3:20, 4:20, 6:20, 7:20, 9:20
QUARANTINE (R) 12:35, 2:05, 3:05, 4:35, 5:35, 7:05, 8:05, 9:35, 10:15
BEVERLY HILLS CHIHUAHUA (PG) 12:45, 3:00, 5:20, 7:40, 10:05
EAGLE EYE (PG13) 1:25, 4:25, 7:25, 10:00
MIRACLE AT ST. ANNA (R) 1:30, 6:10, 9:30
IGOR (PG) 12:30, 2:50, 5:00
LAKEVIEW TERRACE (PG13) 1:30, 4:30, 7:30, 10:00
TYLER PERRY'S THE FAMILY THAT PREYS (PG13) 12:05, 1:05, 3:05, 4:05, 6:05, 7:00, 9:05, 9:50

AMC SELECT
BLINDNESS (R) 7:15, 9:55

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

AN AMERICAN CAROL (PG13) 2:30, 4:50, 7:50
MIRACLE AT ST. ANNA (R) 2:20, 5:40

AMC SELECT
THE DUCHESS (PG13) 1:40, 4:20, 7:00
APPALOOSA (R) 2:00, 4:40, 7:20
RELIGULOUS (R) 2:10, 5:00, 7:40
BURN AFTER READING (R) 1:30, 4:10, 7:10
VICKY CRISTINA BARCELONA (PG13) 1:50, 4:30, 7:00

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

EAGLE EYE (PG13) 2:20, 4:50, 7:20, 9:50

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

DIGITAL PRESENTATION
EAGLE EYE (PG13) 1:20, 4:10, 7:00, 9:50

BODY OF LIES (R) ✓ 1:05, 4:00, 7:10, 10:15
CITY OF EMBER (PG) ✓ 1:25, 4:15, 7:00, 9:25
THE EXPRESS (PG) ✓ 1:35, 4:35, 7:30, 10:25
QUARANTINE (R) ✓ 12:45, 3:00, 5:15, 7:35, 10:10
BEVERLY HILLS CHIHUAHUA (PG) 12:40, 2:55, 5:10, 7:25, 9:40
FLASH OF GENIUS (PG13) 1:30, 4:20, 7:05, 10:05
HOW TO LOSE FRIENDS & ALIENATE PEOPLE (R) 1:45, 7:40
NICK & NORAH'S INFINITE PLAYLIST (PG13) 1:00, 3:15, 5:30, 7:45, 10:00
MIRACLE AT ST. ANNA (R) 1:15, 7:15
NIGHTS IN RODANTHE (PG13) 1:10, 3:30, 5:55, 8:15, 10:35
NIGHTS IN RODANTHE (PG13) [CC] 1:10, 3:30, 5:55, 8:15, 10:35
GHOST TOWN (PG13) 12:40, 3:10, 5:40, 8:20, 10:45
LAKEVIEW TERRACE (PG13) 4:35, 10:40

AMC SELECT
THE DUCHESS (PG13) 1:40, 4:25, 7:20, 9:55
APPALOOSA (R) 1:45, 4:50, 7:50, 10:30
BLINDNESS (R) 4:45, 10:20
RELIGULOUS (R) 12:55, 3:20, 5:45, 8:10, 10:50
BURN AFTER READING (R) 12:50, 3:05, 5:25, 8:05, 10:30

AMC MAZZA GALLERIE
Jenifer and Wisconsin
202-537-9553

BODY OF LIES (R) ✓ 1:40, 4:30, 7:30
THE EXPRESS (PG) ✓ 1:20, 4:15, 7:10
BEVERLY HILLS CHIHUAHUA (PG) 3:15, 5:40, 8:00
FLASH OF GENIUS (PG13) 1:50, 4:25
NICK & NORAH'S INFINITE PLAYLIST (PG13) 2:20, 5:00, 7:20
NIGHTS IN RODANTHE (PG13) 1:55, 4:40, 7:15
GHOST TOWN (PG13) 1:45, 4:20, 7:00

LOEWS RIO CINEMAS 18
9811 Washingtonian Boulevard
301-948-0906

DIGITAL PRESENTATION
EAGLE EYE (PG13) 2:00, 4:45, 7:30, 10:30

BODY OF LIES (R) ✓ 1:25, 2:15, 4:20, 5:10, 7:15, 8:20, 10:20
CITY OF EMBER (PG) ✓ 1:45, 4:10, 6:30, 9:05
THE EXPRESS (PG) ✓ 2:05, 5:00, 7:50, 10:50
QUARANTINE (R) ✓ 2:25, 4:50, 7:25, 9:40
AN AMERICAN CAROL (PG13) 1:35, 3:40, 5:55, 8:00, 10:15
BEVERLY HILLS CHIHUAHUA (PG) 1:20, 3:35, 5:45, 7:55, 10:10
BEVERLY HILLS CHIHUAHUA (PG) [CC] 1:20, 3:35, 5:45, 7:55, 10:10
FLASH OF GENIUS (PG13) 1:50, 4:35, 7:20, 10:00
HOW TO LOSE FRIENDS & ALIENATE PEOPLE (R) 1:00
NICK & NORAH'S INFINITE PLAYLIST (PG13) 2:20, 4:40, 7:10, 9:25
MIRACLE AT ST. ANNA (R) 3:45, 9:45
NIGHTS IN RODANTHE (PG13) 1:15, 3:35, 6:05, 8:25, 10:45
LAKEVIEW TERRACE (PG13) 3:30, 6:10, 9:00

AMC SELECT
THE DUCHESS (PG13) 1:40, 4:15, 7:00, 9:30
APPALOOSA (R) 2:10, 4:55, 7:35, 10:35
BLINDNESS (R) 1:00, 7:05
RELIGULOUS (R) 1:30, 3:50, 6:10, 8:35, 10:55
FIREPROOF (PG) 1:10, 4:00, 6:45, 9:35
BURN AFTER READING (R) 1:05, 3:25, 5:50, 8:05, 10:25

LOEWS WHITE FLINT 5
North Bethesda
1-800-FANDANGO #741

BODY OF LIES (R) 2:00, 4:45, 7:30
BEVERLY HILLS CHIHUAHUA (PG) 2:15, 4:30, 7:00
FLASH OF GENIUS (PG13) 4:35
NIGHTS IN RODANTHE (PG13) 2:05, 4:25, 7:10

AMC SELECT
THE DUCHESS (PG13) 2:20, 4:50, 7:25
BURN AFTER READING (R) 2:10, 7:15

Times for Tuesday, October 14, 2008

✓-SPECIAL ENGAGEMENT No passes or discount coupons [CC] - Closed Captioning · [D] - Descriptive Video Service

WeekendPass makes the weekend pulse.

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www.marymount.edu

Television

RULES OF ENGAGEMENT: This Thursday, you can catch Sen. John McCain on "Late Show With David Letterman." The exchange should be extra-civilized, as the McCain camp had Letterman agree to several preconditions before McCain signed on.

Off to the Dogsled Races

Tough mushers and their tougher canines compete on 'Iditarod'

AL GRILLO/AP

THEY WOULD SLED 1,150 MILES: Just to be the champions of this onerous race.

MUSH, MUSH | The tough-guy documentary genre strikes again with "Toughest Race on Earth: Iditarod" (10 p.m., Discovery), a six-part look at the annual sled-dog race between Anchorage and Nome, Alaska. The 1,150-mile challenge was begun in 1973 to commemorate a famous event. In 1925, teams of dogs and mushers rushed a diphtheria serum to the stricken town of Nome, saving the people in the Bering Sea outpost.

"Iditarod" has all the stuff of TV drama: tough-guy champions and rookie upstarts, grizzled veterans and a longtime female contender and cancer survivor. One challenger insists on making his own sled. Another braves the race and the Arctic elements despite diabetes. A former champion competes against his son, and everyone just wants to win — or at least finish. The fastest Iditarod time was a little under nine days. The slowest team to finish took 32 days.

In addition to the macho attitudes and harsh elements, "Iditarod" celebrates something unique: the bonds of dependence between mushers and their dogs. Every sled begins with a team of 16 dogs, superathletes in their own right and the real stars of the show. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

BURIED EMOTIONS
After his father's death, House tries to ignore his feelings on **HOUSE** (8 p.m., Fox).

HOW IT ALL STARTED
On the eve of the third and final debate, "Frontline" presents **THE CHOICE 2008** (9 p.m., PBS), with detailed biographical profiles of Sens. John McCain and Barack Obama.

DON'T MESS!
NeNe proves she's one to hold a grudge on **REAL HOUSEWIVES OF ATLANTA** (9 p.m., Bravo).

ACTRESS RESURRECTION
Sigourney Weaver guest-stars as a therapist on the second-season premiere of **ELI STONE** (10 p.m., ABC).

THE USUAL SUSPECT
An investigation leads to a familiar face on **LAW & ORDER: SPECIAL VICTIMS UNIT** (10 p.m., NBC).

BRAND-NEW PARTS
An old mining town becomes the center of a medical specialty in the six-part series **SEX CHANGE HOSPITAL** (11 p.m., WE).

DUBYA IMPERSONATOR
Josh Brolin and Blues Traveler appear on **LATE SHOW WITH DAVID LETTERMAN** (11:35 p.m., CBS). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

ADAM TAYLOR/FOX

A FEW WORDS: House struggles with commemorating his father on "House."

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Rich Dad Poor Dad

My Poor Dad would say,
"I Work For My Money."
My Rich Dad said,
"My Money Works For Me."
- Robert Kiyosaki

One dad was highly educated and intelligent; he had a Ph.D. and had completed four years of undergraduate work in less than two years. He then went to do his advanced studies... all on full financial scholarships.

My other dad never finished the eighth grade. Both men were successful in their careers, working hard all their lives. Both earned substantial incomes.

Yet my highly educated dad struggled financially all his life and the other dad would become one of the richest men I had ever known. One died leaving tens of millions of dollars to his family, charities, and his church. The other left a legacy of unpaid bills. Both men were strong, charismatic, and influential.

Both men offered me advice, but they did not advise the same things. Having two dads as advisors offered me the perspective of contrasting points of view: one of a rich man and one of a poor man. This forced me to think about, and ultimately choose, a way of thinking for myself. A way of thinking that assures long-term wealth and true prosperity!

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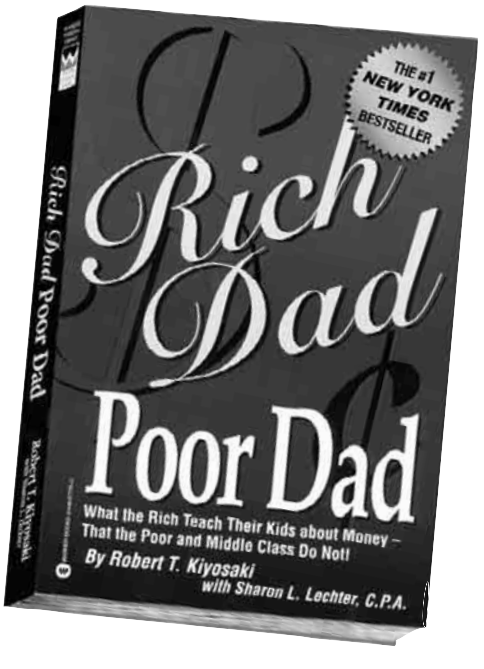

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Robert Kiyosaki does not participate in this event.

Drink Beer, Be Merry

Celebrate with a cold one — Oktoberfest in D.C. is far from over

SUDS | It's mid-October, and you missed Oktoberfest. You meant to go this year, but you were caught up in that lazy end-of-summer feeling and now there are Halloween decorations everywhere and you blanked on your favorite beer-related holiday — you can take or leave "Beermas" and "Alentine's Day." But have no fear! There are some mid- to late-Oktoberfests in the D.C. area.

One of D.C.'s most beloved Oktoberfests is generally held earlier in the fall, but it was postponed. So, on Saturday, head out to Alexandria for Rustico's celebration of beer. There will be several bands, massive piles of food (including bratwurst and modern fall delicacies like pumpkin ravioli) and more beer than you ever thought existed. Despite the large quantities of alcohol, the event is also billed as kid-friendly — look for G-rated activities such as face painting and pumpkin carving.

OLIVER LANG/AFP/GETTY IMAGES

STEINS OF GLORY: Even if you're not of German stock, delicious beer calls you.

If you're not into the frat-boys-drink-enough-beer-to-fill-the-Rhine atmosphere that permeates some Oktoberfest parties, the German Embassy is holding its own oh-so-classy Oktoberfest celebration on Friday. It's a black-tie event, and tickets are $89. There will be German food (gotta love that schnitzel), traditional music and none of the rabble in makeshift lederhosen that you see at other Oktoberfests.

The Smithsonian also is in on the Oktoberfest game. Perhaps it heard the desperate, unfulfilled wails of the intellectual beer lover. Maybe it just wanted an excuse to lager it up. Either way, it has partnered with the Brickskeller in Dupont Circle, and on Oct. 25 at 1 p.m. you can attend a lecture on "Beers of Bavaria" by Horst Dornbusch, a brewer and beer expert. Yes, there will be samples. If you're up for that much beer at 1 p.m., go wild.

FIONA ZUBLIN (EXPRESS)

➜ *Rustico, 827 Slaters Lane, Alexandria; Sat., 12 p.m., free; 703-224-5051.*

➜ *Embassy of the Federal Republic of Germany, 4645 Reservoir Road NW; Fri., 8 p.m., $89; 202-298-4000.*

➜ *Brickskeller, 1523 22nd St. NW; Oct 25, 1 p.m., $82; 202-293-1885. (Dupont Circle)*

topstops

2 Daniel Pearl In Music

When you hear the name "Daniel Pearl," what usually comes to mind first is the horrifically sad story of the Wall Street Journal reporter who was killed by terrorists in Pakistan in 2002. Still, it's not as widely known that in addition to his passion for news, the late journalist also had a penchant for music. He was an avid supporter of the local scene, and the violin and mandolin were among his fortes. Now in its fourth year, FODfest, the Friends of Daniel tour, plays musical homage to Pearl and his ideals every October. Tuesday's stop at Iota includes performances by Chad Hollister, Todd Mack, Wes Tucker & the Skillets and Laura Secker. K.C.

➜ *Iota, 2832 Wilson Blvd., Arlington; 8:30 p.m., donations accepted;*

1 My, My, How Can I Resist?

Stop reading right this second if you'd prefer not to have ABBA stuck in your head for the rest of the day. Still here? Well, then, get excited, dancing queens. Why? You can dance! You can jive! Arlington Cinema 'N' Drafthouse is screening the film version of the Broadway smash hit, "Mamma Mia!" It's calling it the "sing-along" version. For those who missed the flick in theaters, this is a must. Case in point: Meryl Streep in bell bottoms; Pierce Brosnan belting out cheesy love tunes; pitchers of beer to boot. K.C.

➜ *Arlington Cinema 'N' Drafthouse, 2903 Columbia Pike, Arlington; Tue. and Wed., 9:50 p.m., $2-$3; 703-486-2345.*

PETER MOUNTAIN

3 Old-Time Blues Man

So, it's a Tuesday and your mom is in town. You're not sure what to do with her — you planned a lovely dinner in Georgetown, but you need something innocuous and free to occupy her beforehand so she doesn't ask about "your nice young man friend" who you really don't want to talk about. To diffuse the situation, take her to see Memphis Gold, blues guitarist and soul man extraordinaire, perform on Millennium Stage. Just keep her talking about his finger-picking goodness and she'll completely forget to pry into your personal life. Or let's hope so, anyway. F.Z.

➜ *Kennedy Center, 2700 F St. NW; 6 p.m., free; 202-467-4600. (Foggy Bottom)*

Compiled by Express' Kris Coronado and Fiona Zublin. Read more of their picks every day at **expressnightout.com/topstops.**

thescene

THOMAS HEINSER

She has a soft look to her, but Jacqui Naylor's voice is rich and sumptuous.

WEDNESDAY

Jacqui Naylor: The eclectic singer makes jazz accessible to all. Blues Alley, 1073 Wisconsin Ave. NW; 8 & 10 p.m., $20; 202-337-4141.

Shearwater: Indie-rock takes on a rustic, Southern tone. Kennedy Center, 2700 F St. NW; 6 p.m., free; 202-467-4600. (Foggy Bottom)

Sake and Wine Dinner: Treat yourself to a nine-course dinner paired with sake and wine. Sushi Damo, 36-G Maryland Ave., Rockville; 301-340-8010.

THURSDAY

Taste of Success: Come devour cocktails and snacks to benefit StreetWise Partners, a group that provides training to underemployed D.C. residents. Jones Day Building, 51 Louisiana Ave. NW; 6:30 p.m., $50; Streetwisepartners.org. (Judiciary Square)

Monotonix: This Israeli band likes to set things on fire. Literally. DC9, 1940 9th St. NW; 8 p.m., $10; 202-483-5000. (U St.-Cardozo)

The Ventures: These surf music vets are aging, but they still have it. Birchmere, 3701 Mt. Vernon Ave., Alexandria; 7:30 p.m., $35; 703-549-7500.

FRIDAY

Leslie T. Chang: A former Wall Street Journal correspondent, Chang discusses her book, "Factory Girls," about two rural women who work in urban factories. Politics and Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919. (Van Ness)

Explore our searchable list of the area's events, venues, restaurants and movies at **expressnightout.com/thescene.**

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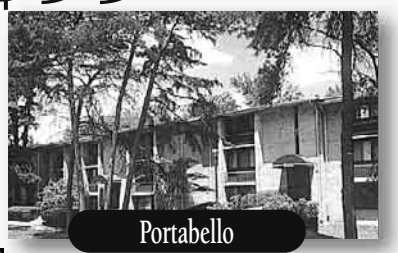

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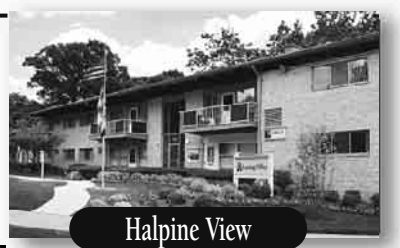

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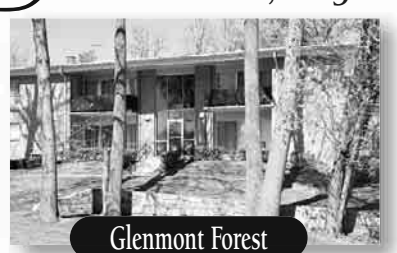

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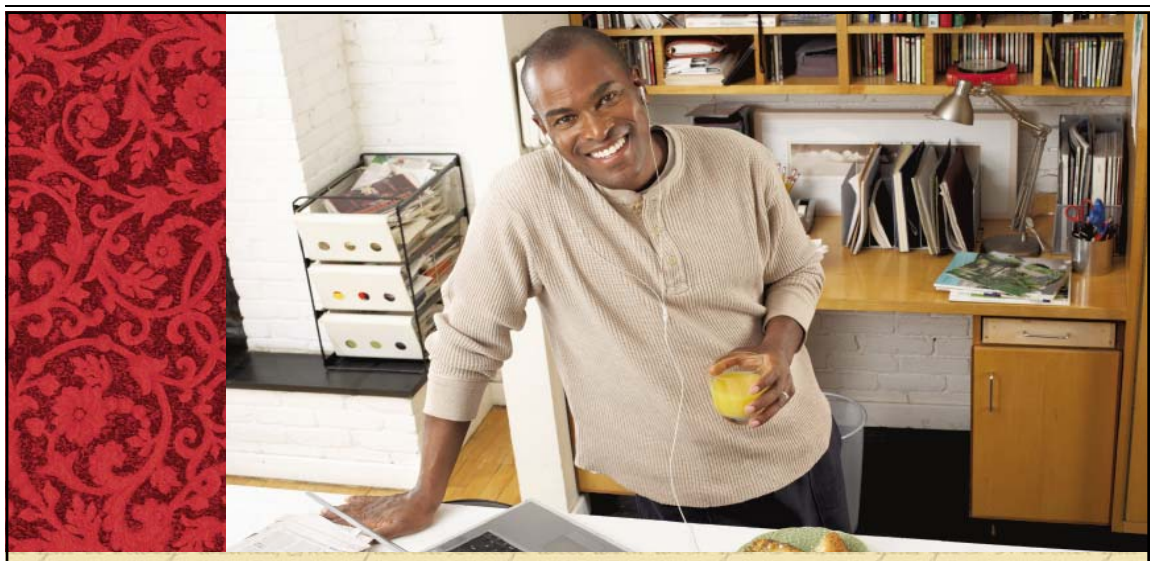

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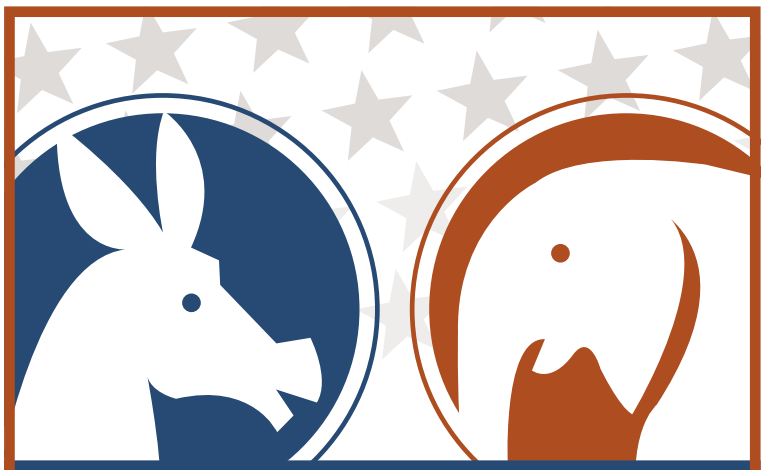

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TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

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Noah Webster, who lived in this West Hartford, Conn., house, was the first to publish a comprehensive American dictionary. Webster's 250th birthday is this month.

Defining A Nation

History

Yale marks the 250th birthday of dictionary author Noah Webster

The announcement came in 1800 in the back of a Connecticut newspaper just above a farmer's reward for a stray cow. A man named Noah Webster was proposing the first comprehensive "dictionary of the American language."

Webster was mocked and scorned for challenging the King's English. About 60 percent of the country spoke English at the time, while others spoke German, Swedish and Dutch. Even among English speakers, regional dialects were strong.

A teacher after the Revolutionary War, Webster believed that Americans should have their own textbooks rather than rely on English books. He created a speller that taught students to read, spell and pronounce words, and he traveled across the country to promote the book.

His dictionary, and earlier spellers and readers widely used in schools, would help a new nation achieve unity and cultural independence at a time when most were focused on political freedom.

"He was the shaper of our language and the shaper of American identity," said Joshua Kendall, who is working on a biography about Webster. "Webster at last bonded us through our language."

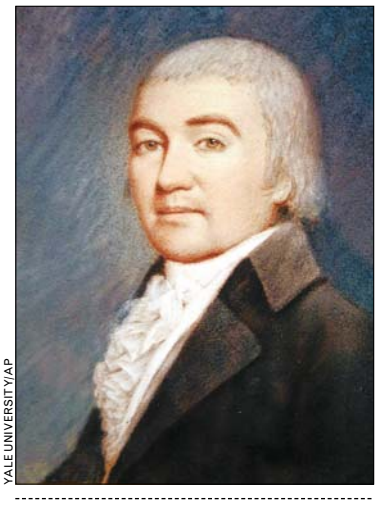
TOP PHOTOS BY BOB CHILD/AP

A man looks at an early edition of Noah Webster's English dictionary, which is on display at the Sterling Memorial Library at Yale University in New Haven, Conn.

Webster is the focus of a commemoration Oct. 16-17 at Yale University to mark his 250th birthday with lectures, an exhibition of memorabilia and a visit to his grave in New Haven.

"You cannot look up a dictionary definition today and not stumble across many definitions that were written by Noah Webster," said Jill Lepore, a Harvard University professor. "His definitions are quite masterful."

Webster, born in what is now West Hartford, got his first glimpse of George Washington in 1775 when he and other Yale students serenaded the commander in chief on his way to Boston. Webster was later astounded when he heard all the languages spoken by the Continental Army.



YALE UNIVERSITY/AP

"The language of the new nation was up for grabs," Kendall said. "Webster said, 'We're going to speak American English.'"

Webster's speller made it easier for children to learn English by spelling words more like they sounded. The French version of words like "centre" became "center" and he dropped the British "u" in words like colour" and the redundant "k" in musick and other words.

Webster also interspersed his speller with patriotic stories about Washington and other American heroes as well as American geography. His "blue-backed speller" would go on to sell about 100 million copies by the end of the 19th century.

> "The language of the new nation was up for grabs. Webster said, 'We're going to speak American English.'"
>
> **JOSHUA KENDALL**, BIOGRAPHER

"Children grew up to be Americans as opposed to British subjects," said Harlow Giles Unger, who wrote a book on Webster in 1998. "I would call him the father of American education."

During his time, though, some called Webster less flattering names. "He nursed resentments his whole life," Lepore said. "He really did rub everybody the wrong way."

When a friend congratulated him on his arrival in Philadelphia, Webster replied, "Sir, you may congratulate Philadelphia on the occasion," according to the Noah Webster House in West Hartford.

But his ego fit the task of trying to create the new country's first comprehensive dictionary. Webster spent 28 years on the project before completing the 70,000-word dictionary in 1828 with his American-style spellings while adding quintessentially American words like skunk, caucus and chowder, and noting new wonders like gas lights.

Webster, who died in 1843 at 86, wasn't shy about weaving in his opinions. In defining preposterous, he wrote, "a Republican government in the hands of females is preposterous." JOHN CHRISTOFFERSEN (AP)

Look out Online

express nightout >> EXPRESSNIGHTOUT.COM

LIFE & STUFF

Not-So-Wild Things

Everyone has different priorities when visiting the National Zoo. Some seek out the cutest animals, others delight in the creepy and reptilian, and some prefer the size and majesty of the elephants. Meg Zamula presents a selection of unconventional zoo superlatives from her recent trip there. | COMING UP

TELEVISION

Hanging Out

For eight years, "That '70s Show" provided a look into the decade of feminism, economic recession and "Star Wars." And all but the last two seasons were filled with giggles, as a new DVD box set attests. Roxana Hadadi names the worst moments from the final two seasons. | COMING UP

ENTERTAINMENT

A Family Affair

It has one of the most cringe-inducing titles of any TV show ever made, but MTV's "Sex ... With Mom and Dad" throws a little insight and a lot of Dr. Drew at oversexed teens who aren't actually having sex with their parents, just talking about it. Greg Barber has a review. | ONLINE NOW

poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

WHO HAS BEEN HURT MORE BY THE MCCAIN CAMP'S ATTACKS ON OBAMA'S CHARACTER?

MCCAIN 78% | **OBAMA** 22%

"There is no doubt the ads are hurting Obama. However, I really don't think they are too out of line. All they do is show the truth, and that's what hurts."

COMMENTER RAZZLE DAZZLE, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "WHO HAS BEEN HURT MORE BY THE MCCAIN CAMP'S ATTACKS ON OBAMA'S CHARACTER?"

"Every time McCain and Palin attack Obama, they reveal their true immoral nature to the American people, so they only hurt themselves."

COMMENTER JONATHAN, WHO ADDED, "THEY INSULT THE INTELLIGENCE OF THE VOTING PUBLIC EVERY TIME THEY ENCOURAGE OR START A LIE OR GROSS EXAGGERATION ABOUT OBAMA."

"A better question is 'Why is the Obama camp so concerned about these ads?' If there was not some truth to the ads, they would not feel threatened."

COMMENTER ANONYMOUS, WHO ADDED, "MAYBE THEY'RE LEARNING ABOUT OBAMA FOR THE FIRST TIME, AND THAT SCARES THEM."

SEE HOW YOUR METRO STATION VOTED AT EXPRESSNIGHTOUT.COM/POLLCENTER

Blog LOG

"[One] thing I hate about business travel: finding out at 3 a.m. that the person who had the hotel room before you set the alarm clock for 3 a.m."

LACOCHRAN.BLOGSPOT.COM HAS A LIST OF ANNOYING THINGS, INCLUDING "DISCOVERING THE HOTEL'S 'FREE BREAKFAST BUFFET' CONSISTS OF MINI-BOXES OF OAT BRAN AND BANANAS."

LISA BLUMENFELD/GETTY IMAGES

"This poses an interesting scenario for the showdown. [With] both teams coming off the bye week ... will Romo be ready?"

THEDCSPORTSPAGE.COM WONDERS WHETHER THE COWBOYS QUARTERBACK WILL BE BACK IN TIME FOR THE REDSKINS-COWBOYS GAME, AFTER GOING ON THE INJURED LIST WITH A BROKEN PINKIE.

"If you like Obama, then you should be scared right now because Bill Kristol says McCain is getting crushed, and anything Kristol ever says is diametrically opposed to the truth."

WONKETTE.COM WARNS AGAINST THE PROGNOSTICATING POWERS OF THE NEW YORK TIMES OP-ED COLUMNIST.

"THERE'S A SCHOOL bus stop right across the street from our house. I've seen many parents weeping there on the first day of school as the bus drives off with the newly minted kindergartners. 'That's sweet,' I've always thought. Still, how emotional should one become over this milestone?"

SUPERLIB02.BLOGSPOT.COM NOW UNDERSTANDS, AFTER THE BLOGGER'S BABY SLEPT IN HIS OWN CRIB FOR THE FIRST TIME.

Discussions

The Chat House

Post columnist **MICHAEL WILBON** was online Monday to take your questions and comments about the Redskins' loss to the Rams, an unpredictable weekend in the NFL and whether he would trade a Cubs World Series title for the loss of his preferred presidential candidate.

Is there such a thing as a "good" loss? Based on the numbers, the Redskins should have won the game minus the turnovers, one of them a fluke that should bode well for the team, right?

I see where you're going, but I think losing at home to an 0-4 team is a bad loss. Losing a game when the trailing team has only 11 seconds left, as was the case with the Bears Sunday, is a bad loss. Those were two really, really bad losses. They weren't catastrophic, just bad losses. Nobody needs to be fired or benched; they were just bad losses.

Would you trade the presidential election's going against the candidate you prefer for a guaranteed Cubs World Series title?

Hmmmm. In the past, I'd have said yes. This election? Given the shape the economy is in and the direction other things in the world have been going, no chance.

Do you think Tony Romo is the most overrated starting QB currently active in the NFL?

I like Romo tons, but I think he's overrated. Really good, but not a young Brett Favre. The Cowboys, in general, have been overrated by folks in my business. How many weeks have I said that here in the Chat House? Now, Romo is out four weeks with a broken finger. You know who the backup QB is? That, ladies and gents, would be one Brad Johnson. I think the Cowboys are in trouble.

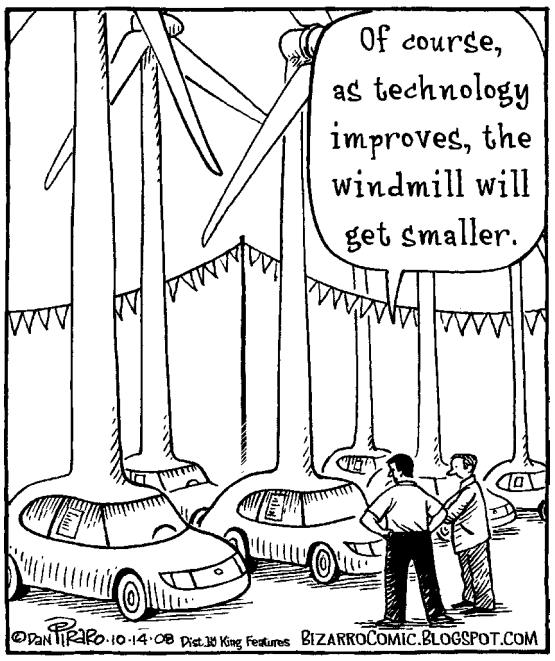
Will this current economic crisis affect player salaries?

It would seem so, right? But we haven't gotten there yet. Mark Cuban made a fascinating observation the other day about the sale of the Cubs probably being delayed now. And I talked to a banker Saturday who said other teams will be up for sale now, in all professional sports.

TODAY ON DISCUSSIONS: Post columnist Gene Weingarten answers your questions about his column, "Below the Beltway," at 12 p.m. | washingtonpost.com/discussions.

Look out

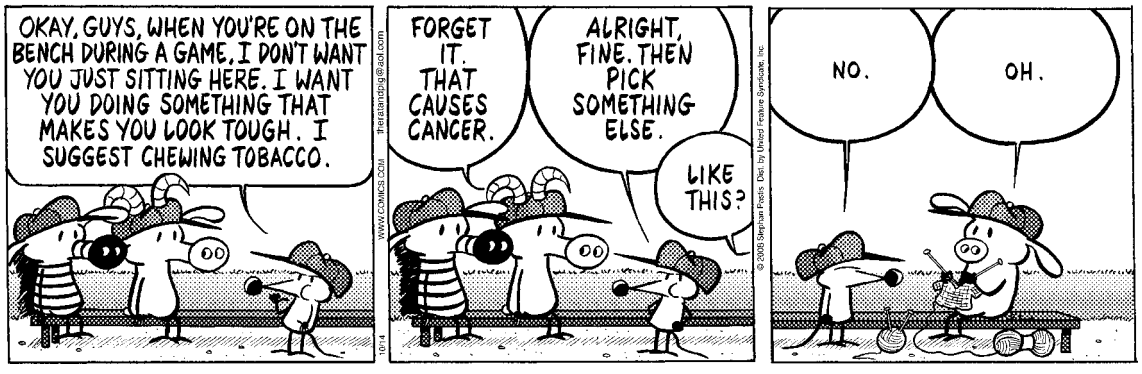
Bizarro | *Dan Piraro*



Cornered | *Mike Baldwin*

Pooch Cafe | *Paul Gilligan*

Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*

Horoscope

By Stella Wilder

LIBRA (Sept. 23-Oct. 22) You should be able to provide for a friend or loved one precisely that which he or she is wanting at this time.

SCORPIO (Oct. 23-Nov. 21) Your eyes may deceive you, your ears may fool you, and your mind may play tricks — but your heart is sure to lead you in the right direction.

SAGITTARIUS (Nov. 22-Dec. 21) Messages from afar may contain more important information than you expect. You may want to take the time to read between the lines.

CAPRICORN (Dec. 22-Jan. 19) Some may mistake your independence for arrogance — but others will recognize you as the leader you are. It's time to share the wealth.

AQUARIUS (Jan. 20-Feb. 18) Use your imagination, and you'll satisfy someone who is making unusual demands. In the end, what pleases you will please him or her, too.

PISCES (Feb. 19-March 20) You can take control to please yourself — and wield your authority in such a way that you please others. Who says you can't have it all?

ARIES (March 21-April 19) You're likely to understand a difficult concept that eluded you only a short time ago. You can begin making key personal shifts as a result.

TAURUS (April 20-May 20) Politics may be unavoidable, especially in and around the workplace. Watch what you say during morning and evening hours.

GEMINI (May 21-June 20) Remember when you put off until tomorrow what you could have done? Well, believe it or not that tomorrow is upon you now.

CANCER (June 21-July 22) You can best assert yourself by letting go of the past, disposing of prejudices and moving ahead with a renewed perspective.

LEO (July 23-Aug. 22) You may be quite easily pleased — but only by the right people. Activity after dark may border on the unusual, but you can handle it, surely.

VIRGO (Aug. 23-Sept. 22) You needn't be harsh and critical, even when you tell it like it is. There are times in which a little tact goes a long, long way.

AFP/GETTY IMAGES

John Allen Muhammad enters the courtroom for his first trial on this day in 2003.

Today in History

1908 The Chicago Cubs win the World Series as they defeat the Detroit Tigers in Game 5, 2-0, at Bennett Park.

1912 Theodore Roosevelt, campaigning for the presidency, was shot in the chest in Milwaukee. Despite the wound, he went ahead with a scheduled speech.

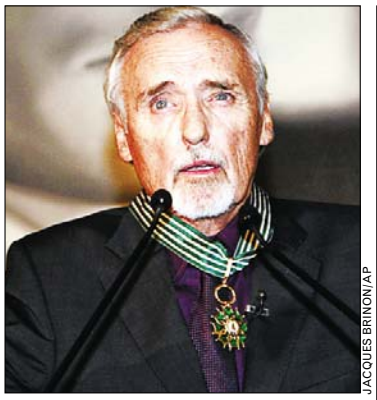
1968 The first successful live telecast from a manned U.S. spacecraft is transmitted from Apollo 7.

1987 A real-life drama begins in Midland, Texas, as 18-month-old Jessica McClure slides 22 feet down an abandoned well at a private day care center. (Hundreds of rescuers worked 58 hours to free her.)

2003 John Allen Muhammad pleads not guilty to murder as the first trial in the deadly Washington-area sniper rampage begins in Virginia Beach, Va.

PostPoints DAILY CODE ME

Look out People



JACQUES BRINON/AP

He squints one eye for yes, two for no.

ACTING

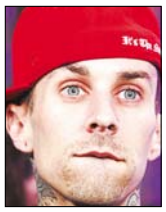
An Intense, Wild-Eyed Gaze Will Get You Everywhere

DENNIS HOPPER has been named a commander in the French Legion of Honor. The 72-year-old actor was visibly moved as he received France's most prestigious prize at a ceremony in Paris on Monday. The Cinematique Francaise in Paris is opening an exhibit on Hopper this week. His screen credits include "Apocalypse Now," "Blue Velvet" and "Easy Rider," which he also directed. (AP)

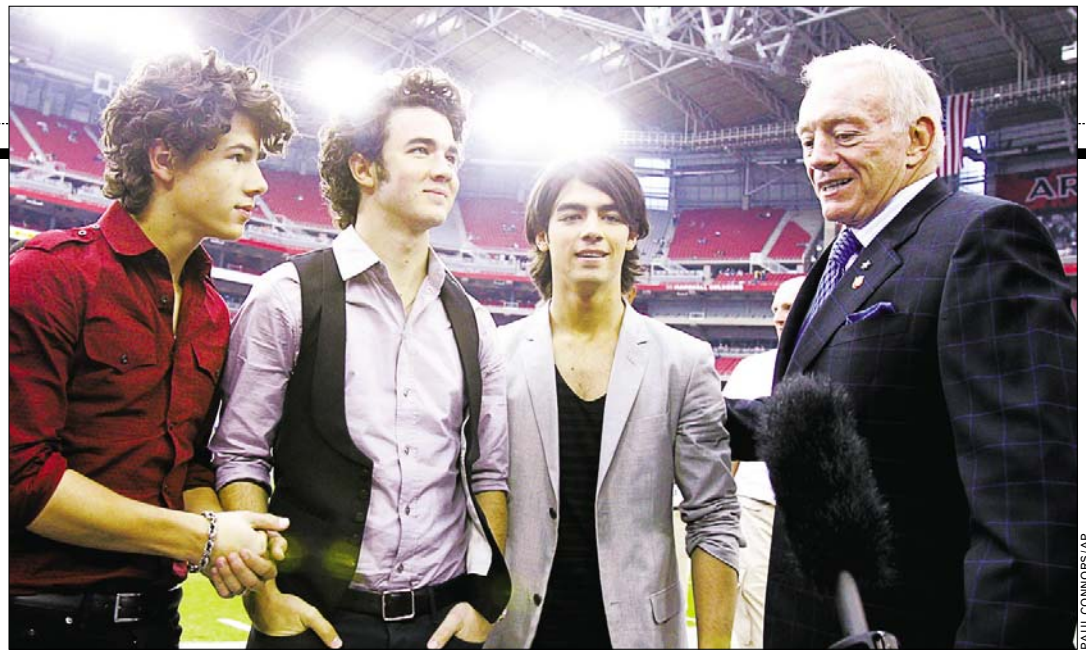
RECOVERY

Barker Is Back to Blogging

TRAVIS BARKER said on MySpace that he's now able to move all the fingers on his right hand. "Like the doctors said from the beginning, its [sic] been a slow recovery process," he



wrote. "Every step seems huge at this point, and I'm doing EVERYTHING I can ... to get back to my kids." (EXPRESS)



PAUL CONNORS/AP

BROTHERS

(Promise) Ring in the Holidays

The **JONAS BROTHERS** will perform during halftime of the Dallas Cowboys' Thanksgiving Day game against the Seattle Seahawks. The band will officially kick off the 2008 Salvation Army Red Kettle Christmas campaign at the Nov. 27 contest. The fundraising drive continues through Christmas Eve. Last year, the campaign raised a record $118 million. (AP)

GETTY IMAGES

Connect the freckles to reveal a picture!

GLAMOUR

Legwear Evokes Drug Overdose, Untimely Death

LINDSAY LOHAN's leggings line, 6126, launched Monday at Henri Bendel's New York City store, People reported. "I named the collection after Marilyn Monroe's birth date, because, to me, she represents timeless, confident glam — and that is the voice of this brand," she wrote on her MySpace page. "I love to wear leggings," she explained. (EXPRESS)

EGO

Starr Wages Preemptive War Dwindling Self-Esteem

RINGO STARR has posted a video on his Web site asking fans to stop sending mail: "I'm warning you with peace and love I have too much to do." (EXPRESS)

EVAN AGOSTINI/AP

If you ever call someone "brother" in any context, do not sleep with him.

GROSS

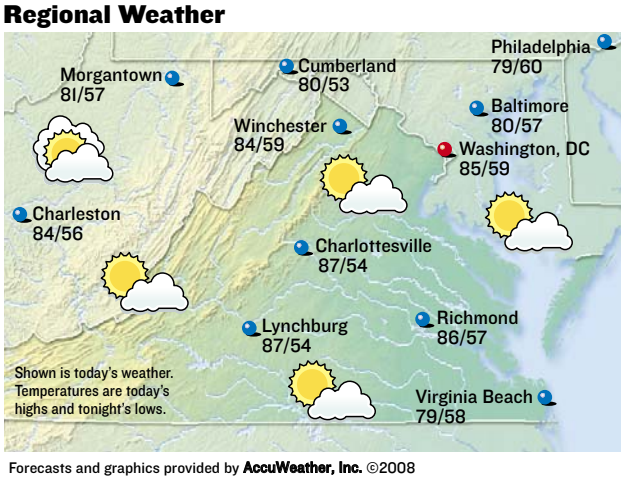
Slippery Slope of Incest Is Disturbingly Slid Down

MAUREEN MCCORMICK, aka Marcia Brady, documents her struggles with drugs in "Here's the Story: Surviving Marcia Brady and Finding My True Voice," hitting stores Tuesday. She also details her romance with TV sibling Barry Williams and her dates with Michael Jackson. (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly sunny, very warm	Partly cloudy	Partly sunny, warm	Partly sunny, a t-storm possible	Partly sunny, cooler	Mostly cloudy, rain possible
85°	59°	82° / 61°	79° / 56°	65° / 47°	60° / 45°

Regional Weather



Forecasts and graphics provided by **AccuWeather, Inc.** ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	81°
Low	55°
Normal high	69°
Normal low	51°
Average humidity	56%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	0.04"
Normal month to date	1.42"
Year to date	40.00"
Last year to date	21.64"
Normal year to date	31.58"

For up-to-the-minute weather, see: **washingtonpost.com/weather**

Regional Forecast

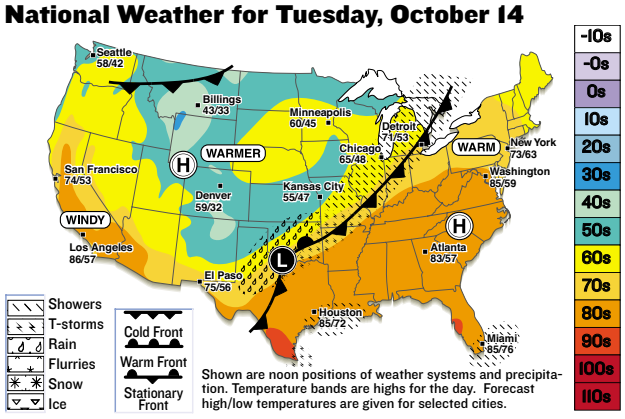
D.C. Metro: Today, mostly sunny, very warm. High 85. Wind south-southwest 3-6 mph. Tonight, partly cloudy. Low 59. Wind southwest 3-6 mph.

Sun and Moon

Sunrise today	7:17 a.m.
Sunset tonight	6:31 p.m.
Moonrise today	6:07 p.m.
Moonset today	7:01 a.m.

Full	Last	New	First
Oct 14	Oct 21	Oct 28	Nov 5

National Weather for Tuesday, October 14



National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	83/57/s	86/59/s
Boston	66/55/s	71/52/pc
Chicago	65/48/c	64/46/r
Dallas	82/67/t	77/60/t
Denver	59/32/c	62/37/s
Honolulu	84/73/sh	86/74/s
Los Angeles	86/57/s	88/57/s
Miami	85/76/t	87/76/pc
New York City	73/63/s	76/57/pc
Orlando	87/68/s	87/66/s
Seattle	58/42/c	54/44/c

World Cities

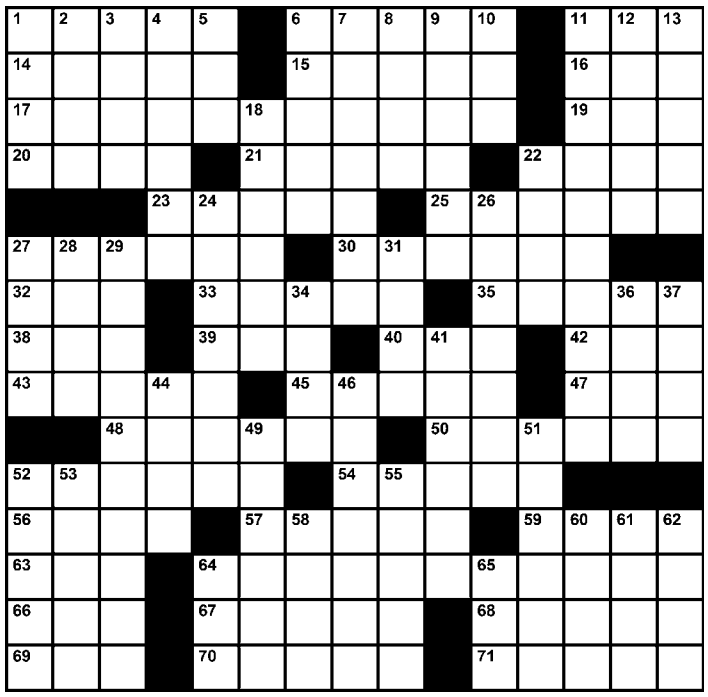
City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	61/48/pc	63/46/c
Athens	73/59/s	75/63/s
Berlin	61/48/pc	59/46/c
Buenos Aires	66/54/c	68/54/pc
Calgary	47/25/pc	44/24/pc
Dublin	57/46/r	54/45/sh
Geneva	68/51/c	69/49/pc
Moscow	52/45/r	50/43/pc
Rome	74/59/pc	73/58/pc
Sydney	68/57/t	66/54/t
Tokyo	70/67/r	72/63/c

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Look out

CROSSWORD | AIR GUN FUN

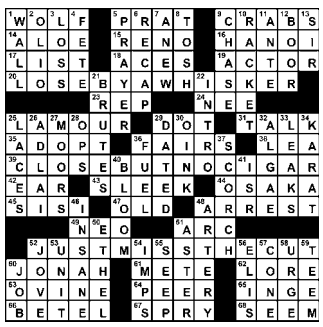
EDITED BY TIMOTHY E. PARKER



ACROSS
1 Type of nerve
6 "It's all ___!" ("It happened so fast!")
11 Tiny Tim's dad
14 Two-ton beast
15 "Queen of Mean" Helmsley
16 Winter Olympics need
17 Closely monitored figure
19 "I'll be a monkey's uncle!"
20 Part of a recovery program
21 Bogart classic "Key ___"
22 Aspen apparatus
23 Express an idea
25 Finds out
27 Understated
30 Famed section of Venice
32 Unstinting amount
33 Cause for psycho therapy
35 Trencherman
38 Cotswold's call
39 Code-cracking org.
40 Driller's org.
42 Crayola gradation
43 Verbal white flag
45 Crenshaw, e.g.
47 Compass point suffix
48 One of a nursery rhyme triad
50 Doctrine developer
52 Terre Haute's river
54 Blazing
56 Mocker
57 Crimefighting sidekick
59 Native Canadian
63 Nest egg component, briefly
64 Some '70s attire
66 High, rocky hill
67 Cotton compactor
68 Place of refuge
69 Culmination
70 Look intently
71 Sister of Terpsichore

DOWN
1 Eyeballs, in poetry
2 Contemporary "cool"
3 Antler branch
4 Place to dip a quill
5 Rustic pipe material
6 Detective Pinkerton
7 Some check payees
8 Suit size designation
9 7UP nickname
10 ___ Dawn Chong of "Quest for Fire"
11 "Relative" who may be watching you
12 Where to find the biggest floor
13 They may be round components
18 Ufologist's concerns
22 Goodbye, slangily
24 Rotating bodies
26 Rigby or Roosevelt
27 "Jungle Book" star
28 ___ Bator
29 Nickname for Edward Teach
31 Tilted text, briefly
34 Ready and willing
36 Wallaroo
37 Haitian president Preval
41 Half-mask
44 Deceptive type
46 User's helper
49 Ultimatum
51 Drink fit for the gods
52 Pa Walton portrayer
53 "Kiss the cook" adviser
55 Cotton or nylon, to a Brit
58 Stoneware crock
60 Sub ___ (secretly)
61 Send out, as energy
62 Gas company known for its tiger slogan
64 The ammo theme of this puzzle
65 The third O of OOO

Yesterday's Solution



SUDOKU | MEDIUM

© PUZZLES BY PAPPOCOM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

		8			2	1		
			9	4			5	
			8				6	4
5	3	2						
				1				
						2	9	8
2	7				8			
	1			9	6			
		6	5			7		

Yesterday's Solution

3	9	2	6	1	5	7	4	8
1	4	7	3	2	8	5	6	9
8	5	6	4	9	7	3	1	2
5	8	1	7	3	6	9	2	4
6	2	3	8	4	9	1	5	7
9	7	4	1	5	2	8	3	6
4	3	9	2	8	1	6	7	5
7	1	5	9	6	4	2	8	3
2	6	8	5	7	3	4	9	1

express

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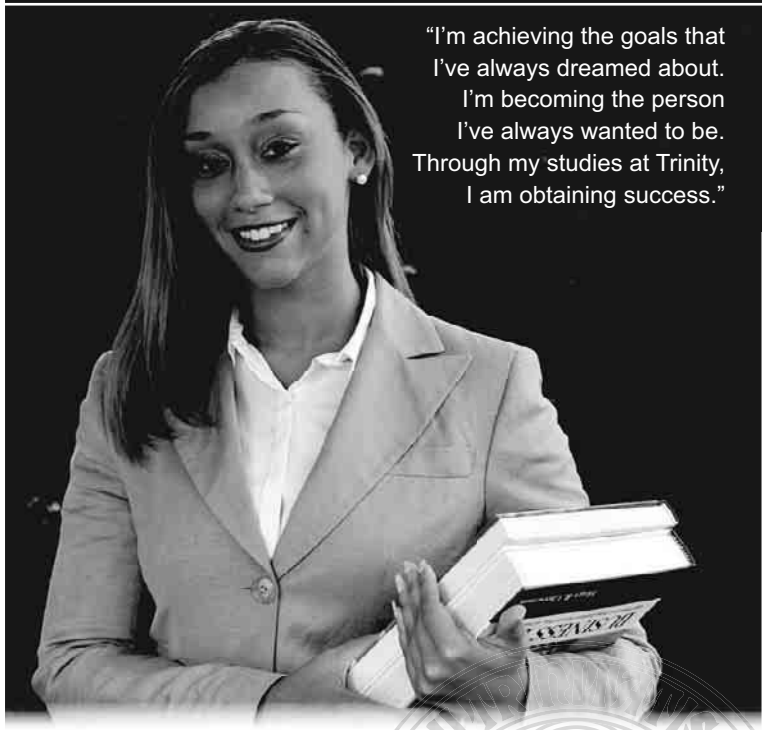

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fit

Protect yourself against medical identity theft E7

Why Alicia Sacramone likes being on pins and needles E5

Don't be chicken! Add some seafood to your dinner E6

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What's So Funny?

LAUGHTER YOGA IS NO JOKE — FANS RAVE ABOUT ITS MENTAL AND PHYSICAL BENEFITS E4

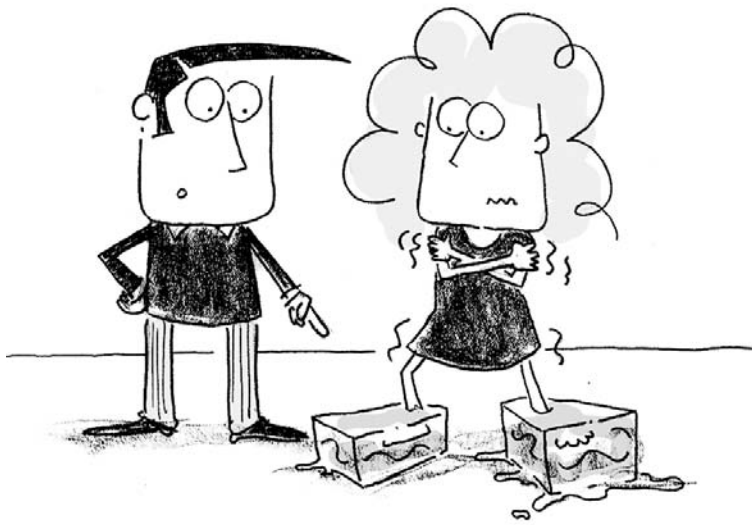
GETTY IMAGES

BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Wedding Bells Should Ring But Not Toll

Q I just got engaged to an amazing guy who I met at the end of last year. This should be one of the happiest times in my life, but when I met him, I basically left my ex for him. Needless to say, my ex was pretty upset and has not made any contact with me for the past several months. I wasn't ever sure whether I was happy with my ex, but now I can't stop thinking about him, missing him and feeling incredibly guilty for hurting him. It's to the point sometimes that I can't even enjoy my new relationship, which is one that I know I should be grateful for, since my fiance possesses many desirable qualities that my ex did not. I wouldn't want to lose my fiance, but I know it's not fair to him if I'm constantly thinking about someone else. Where do I go from here?
– CONFUSED



"Hey honey – what's with the blocks of ice on your feet?"

ERIC REECE

I feel like I'm meeting with a personal trainer — suddenly, I'm being inundated with "shoulds."

Here are the facts as I see them: you're not really enjoying the relationship that you're in, and yet it's heading toward the altar. It doesn't matter what you "should" be grateful for and what "should" make you happy — if you're having trouble being content with your partner and only your partner, now is simply not the time to be gallivanting toward cake tastings and ring shopping.

All is not necessarily lost, but there's no doubt that the breakup with your ex is a little too fresh. Seriously, it was less than a year ago — I've got conditioner bottles older than that! Why was there such a rush to get engaged to someone new?

It's understandable you're feeling unsettled; you have quite an unsettling situation. But the answer is not to force yourself to settle down or settle for less.

Instead, you have to do some emotional excavation — a professional could help — to figure out what exactly is the meaning of all of these doubts from your past and how you can move most healthily toward the future.

How to Gain a Glass-Half-Full Outlook on Life

Q Recently, I have been having negative, tormenting thoughts all the time. No matter what I do, they keep coming into my mind, like they have total control over me. Sometimes I get terrible headaches, and each time I try to fight off the thoughts, it just gets worse. – HELP!

I know—I've been really upset about that Rams' field goal, too!

But back to you. The first question I would have is whether there is a theme to the content of the thoughts — Guilt? Fear? Anger? Regret? Are they about a specific event?

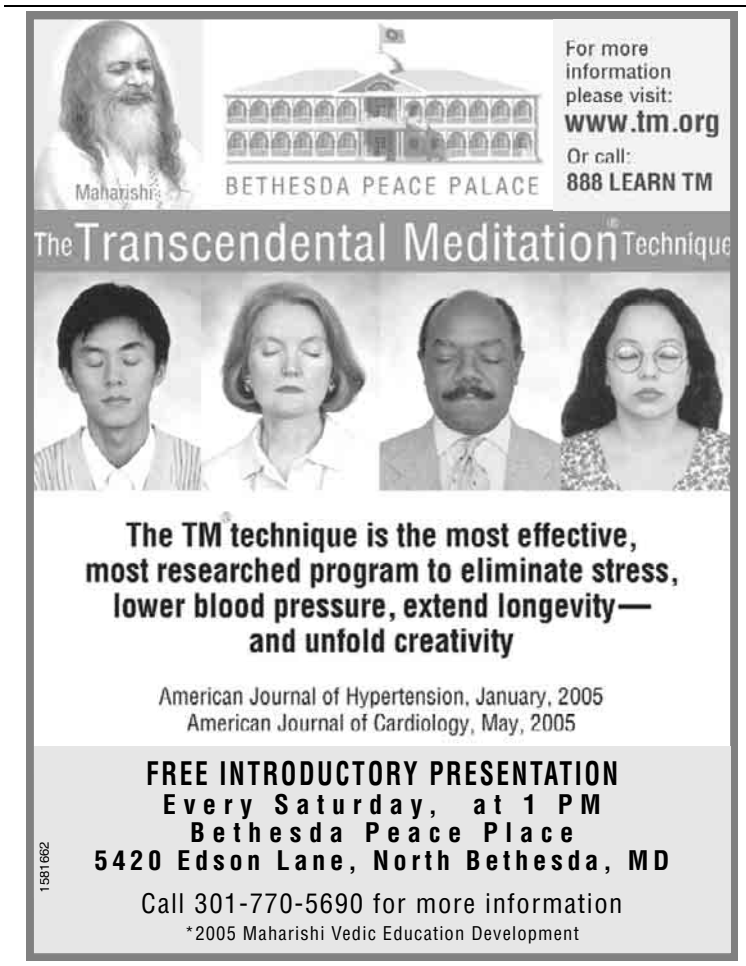
It's also important to see whether there's a pattern as to when they're at their worst. Pervasive, unrelenting worries about all aspects of your life can be symptomatic of Generalized Anxiety Disorder.

But regardless of a diagnosis, this is clearly affecting you physically, and it also seems to be taking over your sense of control, which can wreak real havoc with your mood and overall emotional health.

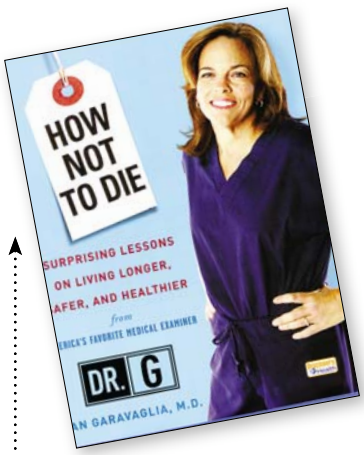
If you're serious about wanting to make changes, a cognitive-behavioral therapist can help you fight these thoughts by investigating their causes and developing techniques to challenge them and put them to rest for good.

Martin Seligman's "Learned Optimism" can also be helpful in uncovering, and killing, the roots of the negativity that's tormenting you.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.



Goods | fit



NEW IN HEALTH
warm ups

GRAVE ADVICE

Jan Garavaglia, better known as Discovery Health's "Dr. G: Medical Examiner," spends a lot of time with corpses. And in her book "How Not to Die" ($25, Crown), she recounts what befell them, and how you can avoid their fates. Visit the doctor, drive safely and avoid long flights, for starters.

FOREVER YOGA

They say you can do yoga for a lifetime, and now the Pro series mats from Manduka ($68-$85, Manduka.com) come with a lifetime guarantee. But be careful — you'll forfeit your right to a replacement if damage is due to sunlight exposure or improper handling.

POTATO AHEAD

Not sure whether Good Health Natural Foods' potato chip line ($17 for 24 bags, Goodhealthnaturalproducts.com) wins for having the lowest calorie count (140 per serving), but cooking those chips in antioxidant-rich avocado oil is a tasty innovation. Chilean lime is particularly divine.

CINCH OF SALT

Pevonia Botanica's De-Aging Saltmousse ($32, Spaskin.com) is an aromatic scrub with dehydrated seawater. The salt crystals dissolve to buff elbows, heels and not-so-rough places, too. An almighty squeeze is required to extract the cream, but the glow-y results are worth the effort.

GUINEA PIG

Coast Guard

You won't find the Ab Coaster ($414.75, Abcoaster.com) at Six Flags, but rather at a handful of local Washington Sports Clubs (Dupont, Downtown and Clarendon). Expect lines to form anyway — this is a piece of equipment that promises to shape your abs without stressing your neck and shoulders.

As Artemis Scantalides, a trainer at the Clarendon WSC showed me, you have to hop on the machine carefully. Just to sit on it without hyperextending your back requires core activation, as you're kneeling on a pad that wants to slide around. Then you use your tummy power to bring your knees as far up the ramp as possible, and control the movement back to the starting position. Even without the additional weight you can stack on, Scantalides recommends only a few reps, and I can see — and feel — why. By turning the pad to the side, I attacked my obliques, too.

Scantalides cringes when she sees gymgoers just use momentum to go up and back. That's what rides at Six Flags are for. VICKY HALLETT (EXPRESS)

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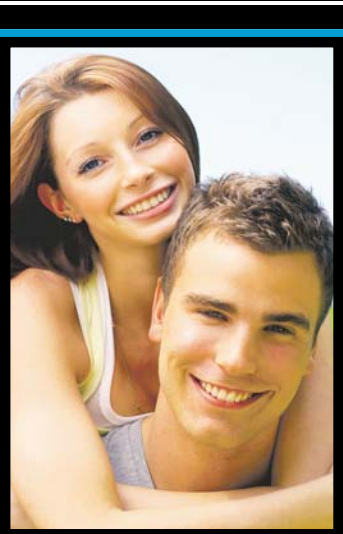

fit | Phys Ed

THE MISFITS

Q I'll probably win the grossest question award today, but here goes: What is the range of "normal" on the perspiration scale? I am in my mid-40s, a female, work out six days a week, do lots of cardio and strength training, and really try to mix up my workouts. But if I do an hour-long cycle, step or dance class — or spend time on the elliptical machine, treadmill, rowing machine inside or spend time outside on my bike — I am drenched when done. I don't see other women who look this, um, soggy. Should I be concerned?

■ As bodily secretions go, this is nothing. We don't sweat the small stuff. Anyway, you don't need to freak out about perspiration during exercise. Different people sweat different amounts. They wear different clothing. They're working out at different intensities. If you're wearing three layers while taking that step class, I'd recommend you strip down a bit. But other than that, just embrace the fact that you're working out hard enough to need that shower. That said, sweating gets in the way of daily life for some people. It's called hyperhidrosis, and if you're worried about that, see a dermatologist. Maybe check out this site, too: Sweathelp.org. V.H.

Q I have recently begun to exercise again after a very long time — mostly walking 2 miles a day in the park. Can you recommend any books to help me set up and start doing a free outdoors workout?

■ Martina Navratilova's book "Shape Your Self" has a lot of good practical advice for home and outdoor workouts that involve little or no investment in equipment. Don't forget: Working out with your own body weight is resistance training, so you can go a long way with just what you are carrying around. But you'll need to push yourself. The old calisthenic exercises we were taught in gym classes — jumping jacks, push-ups, etc. — are very effective. As a start, trying doing some of those after your walk. Also, do you own a jump rope? H.S.

The MisFits, Vicky Hallett and Howard Schneider, chat every Tuesday at 11 a.m. at washingtonpost.com/liveonline. Catch up on upcoming events, scientific studies and gymgoers' pet peeves.

LAWRENCE LUK

Dega Schembri, left, recently became certified in laughter yoga and now teaches it on the roof of Cleveland Park's City Fitness.

Take the Laugh Track

A fit of the giggles can tone your abs while boosting your energy level

Something happens to people in our society who laugh for no good reason, warns Dega Schembri. "They get taken to the funny farm," she jokes, doubling over with a hearty chortle.

That doesn't sound like such a terrible destination to the co-owner of Cleveland Park's City Fitness (3525 Connecticut Ave. NW, 202-537-0539, Cityfitnessgym.com). In fact, Schembri hopes to guide her students there through Yogatalaugh, a series of workshops focused on laughter yoga.

Each half-hour class is filled with a series of games that require a slightly different kind of chuckle. She has the group hold hands in a circle and creep forward, laughing more uproariously with each step toward the center. They channel their inner monkeys by shrieking as they cup their hands into their armpits. And everyone pretends to be Dr. Jekyll and Mr. Hyde by switching back and forth between a goody-two-shoes guffaw and an evil cackle. "Now it's time for tree pose," Shembri says. "Just kidding!"

Although movement has a role in laughter yoga, it bears little resemblance to the mat-based exercise most familiar to Americans. But the practice, also known as Hasya yoga, has Indian roots — Mumbai physician Madan Kataria is credited with starting the international craze — and emphasizes the importance of Pranayama, the Sanskrit concept of "breathing control." The seriously deep breathing required for extended laughter in turn promotes heart health, which is just one of the many benefits fans attribute to the practice.

> "Fake it till you make it. Your body doesn't know the difference."

Nira Berry, who teaches a similar method through her company, LaughingRx (Laughingrx.com, 240-888-6555), credits it with helping her through cancer and chemotherapy by improving her mood. "Laughter really is the best medicine," she says, noting that doctors believe it can boost the immune system, reduce blood pressure and zap away stress.

Group giggles do wonders for team building ("It's hard to be angry with someone you've been laughing with," Berry notes), and learning tricks to incorporate an occasional laugh can make life more enjoyable. "In traffic, instead of cursing, try to laugh," she suggests.

When you'd rather flip someone off, though, that can be tricky. "Fake it till you make it. Your body doesn't know the difference," encourages Shembri, who has ways to goad stubborn students. She emphasizes eye contact, which promotes the contagious nature of laughter, and after each game, they chant, "Very good, very good, yay," while throwing their arms in the air.

If it all seems childish, that's the point. And it strikes a special chord with one of Shembri's students Sheree Fitch, 51, a children's author. "I think laughter heals, so I could see how there would be mental benefits. But I didn't expect these physical ones. I could feel the endorphins. And I felt it so fast in my obliques," she says.

Muscle toning may not be the primary goal, but student Deane Edelman, 65, agrees she feels it in her tummy. "You have to put your whole body into it, if you're doing it right," she says. But even if hours of laughter can help shape a six-pack, Edelman's convinced there's an even greater reward: "The best part is that it's so silly." VICKY HALLETT (EXPRESS)

TRAILBLAZER

Putting a Spin on Oktoberfest

■ Walking into a bike shop as a first-timer can be a tad overwhelming. Tall, lanky (and often pungent) dudes walking around in spandex asking about "cranks" and "shifters" usually don't help a newbie feel any smarter, either. Jakob Wolf-Barnett wants to change that. "We want to get rid of the intimidation factor," Revolution Cycles' head of operations says. "And just have a fun, no-pressure environment for people to try bikes out." Enter **BIKETOBERFEST** (Revolutioncycles.com).

Head to Occoquan Regional Park (9520 Ox Road, Lorton, Va.; 703-690-2121) on Sunday from 10 a.m. to 4 p.m. for the free festival that'll please pedalers of all skill levels. Cycling safety experts and advocacy leagues will be on 'hand to answer beginning riders' questions, and bike manufacturers will preview '09 Trek makes and models.

Gearheads and newbies alike will spin in a tizzy over the 80 demo bikes available for test-rides: There's a 7-mile course for road riders, a 0.75-mile loop for hybrids and a 1.1-mile rootsy route for mountain bikers. Post ride, grab a burger and sprawl on a patch of grass to watch a cycling gear fashion show. You'll see the latest in pro to commuter wear. Because, seriously, a hot bike is one thing; looking smashing in your Lycra is another. KRIS CORONADO (EXPRESS)

Phys Ed | fit

Flipping for the Future

Alicia Sacramone on the power of acupuncture and butt stretching

JOHN CHENG

Alicia Sacramone looks lovely in leotards, but she'd rather stop wearing them.

It'd be easy to split from the splits after being blamed for costing the American gymnasts the team gold in Beijing. But Alicia Sacramone isn't ready to let a wobbly beam performance define her legacy. So, she's joining the likes of Shawn Johnson, Nastia Liukin and Jonathan Horton on the 2008 Tour of Gymnastics Superstars (which is sticking a landing at the Verizon Center Oct. 30; tickets are $29.50-$125).

"You'll see us having fun. It's easy but big skills to live music," describes Sacramone, who thrilled the Arlington Aerials by showing up at the Barcroft Sport & Fitness Center last week.

And though it may be her last hurrah before retirement, don't expect Sacramone to turn into a sloth. The days of seven hours of training are over, but she's still swimming and working out on the elliptical machine, along with lifting weights, to keep her fit physique. Stretching is a must, too. "If I go a few days without it, I'm so stiff," she says.

She calls her favorite move "the number four." "It really stretches out your butt," Sacramone explains. You start out by lying on your back, crossing one leg over the other so your ankle is resting on the opposite thigh and bending that second leg. Then, you reach your arms around the back of the thigh and pull.

Perhaps it's wise that Sacramone takes such care with her rear end, as it's gained quite the following. She reigned as the resident hottie on the U.S. team, and blogs often fixated on her bottom. "It's a little strange," she says. But the upshot may be worth it: Sacramone, Johnson and Liukin are the first athletes ever to be signed by CoverGirl. "It's a dream come true, and free makeup is amazing," adds Sacramone, who describes her style as "fresh and natural looking."

But the real secret to their glow during performances? Acupuncture. In addition to icing and rubdowns, the team relied on their doctor's needles to manage their pain. "I was getting it on my knee and ankle, and I would ask, 'Can I compete with these in?'" Sacramone says. He also targeted her right wrist, on either side of her Sagittarius tattoo. "That's the spot he called my rebellious chi," she says.

Sacramone definitely seems eager to cut loose. For her 21st birthday in December, the schedule calls for "shenanigans" in Vegas. And when she returns to Brown University in January, she and a pal have plans to take up kickboxing. She'll also finally have time to pursue her interest in fashion design, perhaps creating an alternative to the stretchy garment she spends so much time in. "I still need to stay small enough to wear a leotard," Sacramone says. "But I would prefer never to wear one again." Although her fanny's fans would be disappointed, the rest of us understand.

VICKY HALLETT (EXPRESS)

Going for the Green

■ Some people play to win, but participants in Sports for Nature events are also rooting for the environment. The new tournament series — which includes Soccer for Nature at the Dulles Sportsplex Oct. 25-26 (Dullessportsplex.com) and Tennis for Nature at the Worldgate Sport & Health Nov. 14-16 (Sportandhealth.com) — is an initiative created by Reston, Va.'s the Green Business. It helps companies establish sustainable practices, and it realized there was an opportunity to get active in fundraising.

"The idea is healthier people in a healthier world," says CEO Jorge Morera. Green Business keeps costs low, so players' registration fees can support organizations like Defenders of Wildlife and the Alaskan Wilderness League. You don't have to be an eco-warrior to compete. Morera suspects most people sign up just for the chance to battle it out — soccer teams, for instance, are guaranteed three 30-minute games. But winners rank their choice of beneficiaries, requiring them to learn more about the groups' work. And the green charities staff booths during the events to spread the word further. Look out for additional events next year. V.H.

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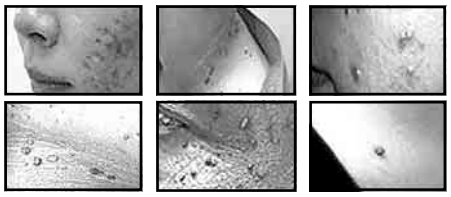
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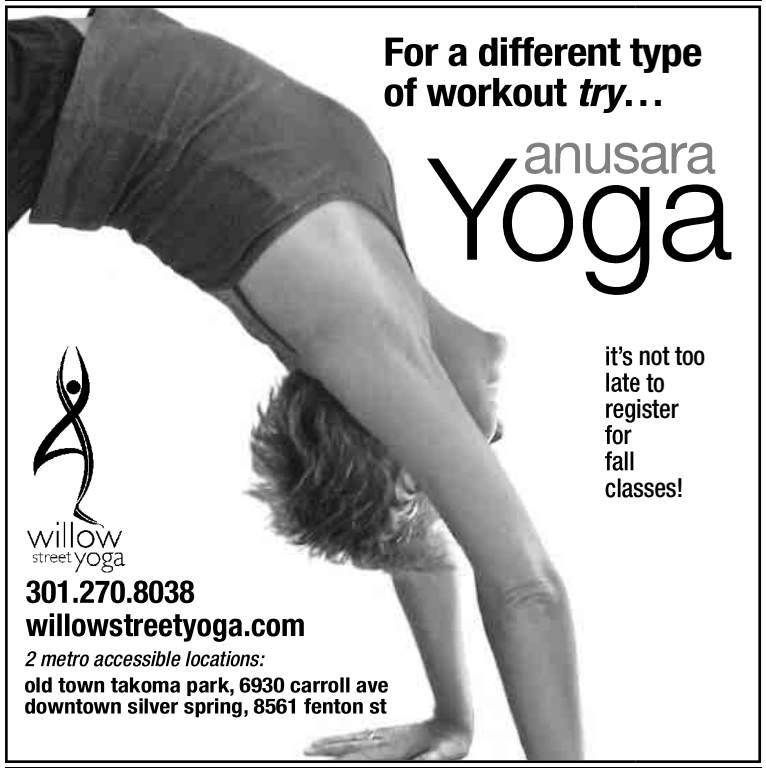
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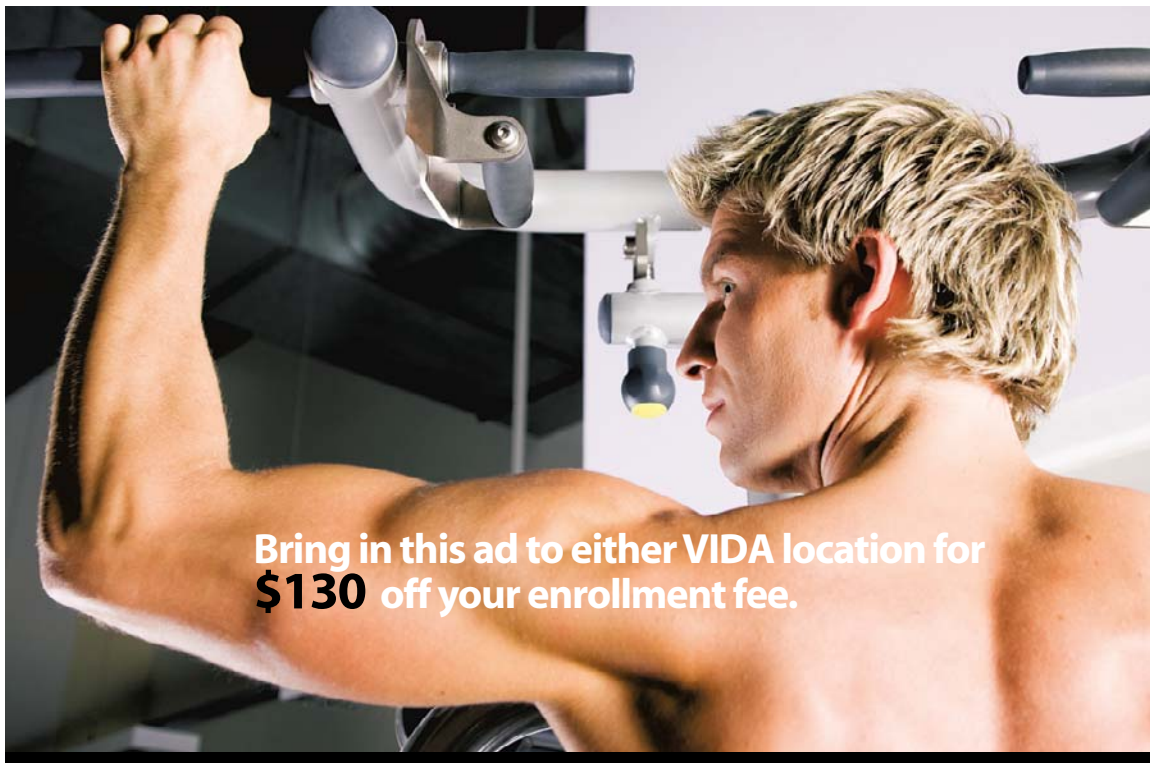

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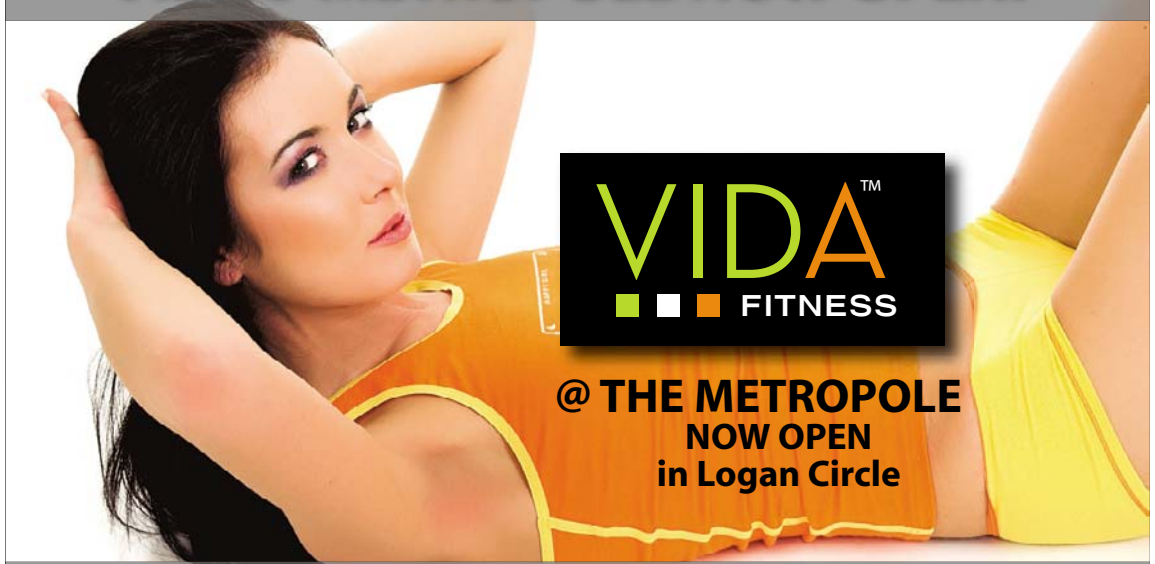

BIG SAVINGS AT EACH LOCATION

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Wild Alaskan sockeye salmon is packed with heart-healthy omega-3 fatty acids.

Deep-Sea Diet

It's easy to fish for complements — pair seafood with fresh vegetables

If it's been awhile since you've eaten seafood, now is a great time to dive back into the game: October is National Seafood Month.

Whether you're dining on scallops, shrimp or scrod, seafood supports your health. Many types of fish, especially salmon, contain Omega-3 fatty acids, which help prevent cancer and heart disease, as well as contribute to normal brain functions like memory. In addition, studies show that fish can have a positive impact on mental health; people who eat seafood may be less likely to suffer from bipolar disorder or depression.

Besides being nutritious, any seafood lover will tell you fish is delicious when prepared well. "The best thing about seafood is it's a great starting platform to which you can add just a few simple ingredients or cooking techniques" to make a healthy meal, says Anthony Marcello, the regional chef for McCormick & Schmick's restaurants in the D.C. region (Mccormickandschmicks.com). His top tip on keeping fish flavorful yet still healthy? Cook it in a nonstick pan to avoid coating it in extra fats or flour.

If you'd rather go out on the town to get a serving of seafood, it's not hard to find healthy plates of fish at many D.C. eateries. Check out the constantly rotating menu at Hook (3241 M St., NW; 202-625-4488),

> "The best thing about seafood is it's a great ... platform."

where executive chef Jonathan Seningen's fall menu of sustainable seafood regularly features such dishes as Arctic char with pears, celeriac and apple; and halibut with mussels, calamari, fennel and tomatoes in saffron broth. A healthy option at Johnny's Half Shell (400 North Capitol St., NW; 202-737-0400) is grilled Alaskan halibut with Carolina black rice salad. And McCormick & Schmick's restaurants nationwide this autumn are serving a heart-healthy plate of Chilean sea bass with stir-fry vegetables and udon noodles in a miso broth.

KATIE ABERBACH (EXPRESS)

STETHOSCOPE

NUTRITION

It's Oil the Rage

■ Eating olive oil is pretty awesome, but injecting it directly into your digestive track might be even better. OK, it doesn't sound nearly as fun, but scientists at the University of California, Irvine, infused the Mediterranean's favorite condiment into the intestines of rodents. In their little furry bodies, the oil turned into oleoylethanolamide, which causes satiety, so they didn't chow down as much at their next meal.

SMOKING

New Cigarette Regret

■ You don't need to light up to be the beneficiary of some of the bad side effects of cigarettes. We already knew about that nasty secondhand smoke stuff, and now a study published in the journal Addictive Behaviors says kids can exhibit symptoms of nicotine dependence even if they're never puffed. Doctors at the Universite de Montreal evaluated 1,488 such children between the ages of 10 and 12, and found that 5 percent reported symptoms of nicotine dependence. That includes freaky stuff like having a tough time not smoking when other people around them are. The ones most likely to experience withdrawal and cravings had been exposed to nicotine-filled air at home or in motor vehicles.

BONES

Breaking the Rules

■ We could have guessed heredity and physical inactivity increased the risk for developing male breast cancer. But suffering a bone fracture after the age of 45? We really didn't see that one coming, and neither, apparently, did the researchers at the National Cancer Insititute who recently noted this finding in the Journal of the National Cancer Institute. Even more oddly, female breast cancers are less prevalent in women with fractures.

Hide Away Your Health Care

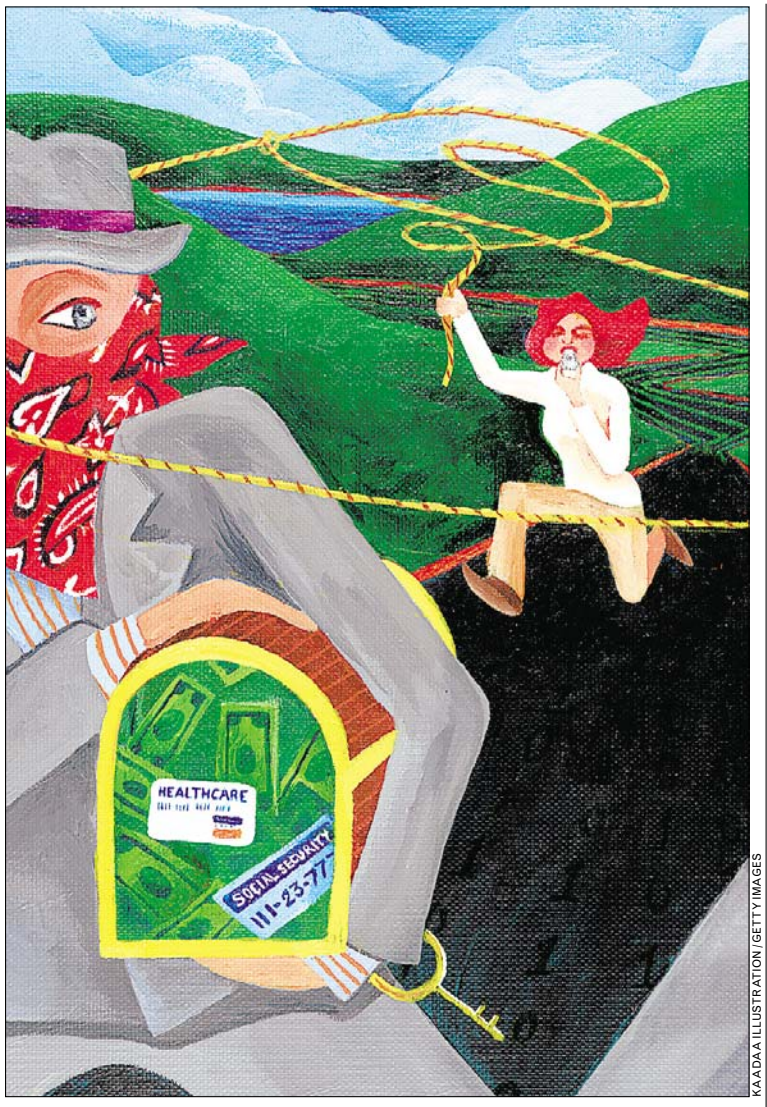
Identity thieves steal your money and mess with medical records

Last February, Maija Lamberts opened her mailbox and, amid a handful of junk mail, found a statement for a health care credit card she'd never requested. Immediately, her scam radar went up. A call to the company revealed that a stranger had used the card to give herself a $24,000 extreme makeover — breast implants, a tummy tuck and liposuction. Two weeks later, when the suspect showed up at the surgeon's office for a follow-up visit, the cops were there waiting for her.

The 39-year-old pharmaceutical-sales rep had just become a victim of medical identity theft, a new scheme that criminals use to get free health services. Since then, Lamberts has spent months trying to untangle the bills and restore her tarnished credit. "Even though I caught the crime quickly, it devastated my finances," she says. "Suddenly, I'm scared of losing my house. My security has been yanked out from under me"

Lamberts is one of the 250,000 people the Federal Trade Commission estimates fall prey to medical identity theft every year. The offense can burden victims with huge hospital bills and max out their insurance coverage. And a thief's medical history can be added to your own, leaving health-care providers confused about who they're really treating.

"Imagine showing up at the ER in an ambulance and your medical records say you have diabetes but you don't," says Byron Hollis, managing director for the BlueCross and BlueShield Association's national antifraud department. "If the doctor prescribes insulin based on false information, it could send you into insulin shock or a coma."



KAADAA ILLUSTRATION / GETTY IMAGES

So, how does a thief get his or her hands on your info? It can be remarkably simple and low-tech: He or she picks up the wallet you lost and lifts the health insurance card inside, snags a benefits letter from your mailbox or overhears you reciting your Social Security number to your doctor's receptionist.

Getting a medical ID theft resolved is more complicated than clearing up a typical identity swipe. With financial records, there's a credit bureau where all your information is stored; that's not the case with medical records. Victims must not only prove they didn't receive a treatment but also track down exactly which health-care providers have received the thief's health history so that false information doesn't result in a misdiagnosis or a denial of insurance claims.

Ironically, the best way to unravel all the communication is not to inform your doctor of the problem — at least at first. That's because if you say you think your medical records might be mixed up with someone else's, your physician's office may refuse to show them to you for fear of violating the thief's privacy under the Health Insurance Portability and Accountability Act (HIPAA), says Heather Wells, director of recovery services at identity-theft prevention company ID Experts.

> "I caught the crime quickly, [but] it devastated my finances."

To avoid that, wait until after you've seen your medical records to spill to your doctor that you suspect identity theft. Then request an "accounting of disclosures" — this document will show the other agencies your information has been shared with. Your doctor should inform all the medical professionals on the list that they have been given incorrect files, and you should call your pharmacy and do the same. (For more help, visit the World Privacy Forum at Worldprivacyforum.org/medicalidentitytheft.)

Your next step: Bring in the police. You'll need a copy of your police report to contest any fraudulent charges. You should also file a report with the Federal Trade Commission (go to Ftc.gov and click on "identity theft") to help them spot and prosecute organized ID theft rings.

Finally, request a copy of your credit report — they're always free for victims of identity theft — and place a fraud alert on your file, which will notify you if anyone tries to create accounts in your name. You can also put a security freeze on records to lock your credit info — this can give you extra piece of mind, but it can also make it tough for legitimate lenders to approve you for loans, and it won't keep thieves from using fraudulent accounts they've already opened. DAN TYNAN (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

Best Week Ever?

■ Penny-pinchers and beauty nuts have surely starred their calendars for Spa Week — seven days (Oct. 13-19) when more than 500 East Coast spas (including select ones in D.C.) are offering treatments for $50, excluding gratuity. There are bargains to be found among the wraps, waxings and massages, so do your research and make a reservation. At Red Door Elizabeth Arden in Fairfax, a signature warm cream pedicure is normally priced at $52, so you'll just save two bucks — although you will get slathered splendidly with heated moisturizer, massaged, buffed and enameled to a shine. But to score, opt for services like the Red Door's new pomegranate and lime pedicure, which would normally set you back $80. Spaweek.com holds the list of all area spas participating. But at the time of publication, the site was down. KATE GIBBS (EXPRESS)

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